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OFFICIALLY NAMED HOST OF
HOCKEY NIGHT IN CANADA,
BUT RON AND DON ARE
STICKING AROUND **PAGE 43**



Scientists go into mind for out-of-body experience

MRI surprises University of
Ottawa researchers **PAGE 8**

Snowden talks directly to U.S. for first time since escape

Oversight needed for NSA,
says whistle-blower **PAGE 10**

What's new, New Order?

The ever-modest Bernard
Sumner talks about new
collaborations, his love of
Iggy Pop and his feelings on
the critical Peter Hook **PAGE 22**

Neighbourhood rankings giveth and taketh away

Priority zones. Sixteen
new areas to see funds,
eight drop off list under
revised ranking system

It's just three-and-a-half points
shy, but for Toronto's West-
minster-Branson community,
it will mean missing out on
millions of dollars worth of
capital funding and resources.

Under a new ranking sys-
tem revealed by city staff on
Monday, each of Toronto's
140 neighbourhoods has been
given an "equity score" based
on 15 criteria that include
health, economics, political
participation and education. A
team of experts set 42.89 as a
benchmark score.

Communities that fall
below the line are designated

On the list

Beechborough-Greenbrook,
Oakridge, Elms-Old
Rexdale, Regent Park,
Thorncroft Park, South
Parkdale, Rockcliffe-Smythe,
Rustic, Morningside,
Ionview, Downsview-
Roding-CFB, York University
Heights, Thistletown-Beau-
mond Heights, Keelesdale-
Eglinton-West, Weston-
Pellam Park, Kingsview
Village-The Westway

as a "Neighbourhood Improve-
ment Area," which replaces
the old "Priority Neighbour-
hood Area."

Black Creek scored the
lowest, while Lawrence Park
north was the highest.

Westminster-Branson

Off the list

Malvern, Dorset Park,
Westminster-Branson, York-
dale-Glen Park, L'Amoreaux,
Steeles, Humber Heights-
Westmount, Englemount-
Lawrence

came in at 46.57. This north
Toronto neighbourhood is one
of eight that no longer quali-
fies as a priority investment
area.

The designation meant
the neighbourhood received
a new community hub and
health-centre development,
renovated facilities and addi-
tional recreation and employ-
ment supports, among other
things. **TORSTAR NEWS SERVICE**

MORE COVERAGE, PAGE 3



LEAVE IT TO MCKEEVER

Canadian Brian McKeever charges across the finish line to win the men's visually impaired
20-kilometre race at the Sochi 2014 Paralympic Winter Games on Monday, picking up our first gold
medal. See story, page 44. **THE CANADIAN PRESS**



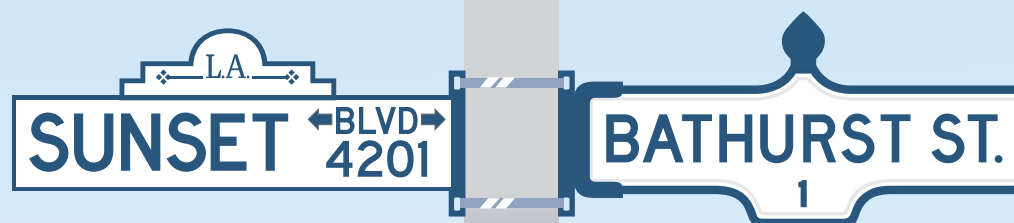
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Burlington

Salesman charged after bizarre incident

Door-to-door salesman Daniel Wight has been arrested in Burlington after allegedly accosting a child in her home.

Halton Region police say the man was trying to get residents to switch their hot water tank services on Saturday when he left a home after its owner declined his services.

Police say Wight came back after the homeowner and one of her two children left the house, leaving her 11-year-old daughter alone.

Police say the salesman opened the door, got into the house and approached the girl. He allegedly asked her a few questions and then placed a hand on her shoulder and another over her mouth, telling her not to scream and that he wouldn't hurt her. Once he removed his hand, police say she managed to run out of the house to a neighbour, who called police.

Wight was charged with break, enter and commit assault, forcible confinement and uttering threats.

THE CANADIAN PRESS

Still a Belieber?

Justin Bieber disappointed Toronto fans when he did not show up for his first court date for an assault charge.

His lawyer was there in his place. The Canadian Press



Honesty's still the best policy

Show card artist Douglas Kerr, from left, Wayne Reuben and David Mirvish pose for a picture with Nicola Defina, who picked out these cards on Monday because his grandfather always bought Milano Biscuits at Honest Ed's. They're colourful, loud and sometimes cheesy, but for 66 years the zinger show card signs at Honest Ed's put a smile on the faces of shoppers and got them in the door at one of the city's iconic department stores. Early birds started lining up before 6 a.m. Monday to buy an Honest Ed's show card.

DAVID COOPER/TORSTAR NEWS SERVICE

Battle for priority funding still raging

New community ranking system. Issue due to come up in council next month

Although no existing resources will be taken away from neighbourhoods such as Westminster-Branson that no longer qualify as a priority investment area under the new ranking system revealed by city staff on Monday, it will mean additional cash will stop flowing.

That's something local Coun. James Pasternak plans to fight.

"This is not the time to make a community like Westminster-Branson ineligible for future funding," said Pasternak.

"It's true we've made some good headway over the last few years. This is not a time to cut back. You keep the funding to make sure there's no sliding back."

This will be one of the battlefronts when the issue comes to council next month.

Coun. Gord Perks, whose ward will benefit from the new model, explained: "Any time we try to target investments in some areas of the city and not others, there can be a conflict, but I am confident that the research model is so robust it will be easy to convince my colleagues that this is the kind of investment that needs to be made."

His South Parkdale neighbourhood is one of 16 communities in need that didn't meet the threshold back in

2005 but do now. A low-income area just outside the southwest downtown core, South Parkdale has high unemployment, a high occurrence of preventable hospitalizations, and a higher than average number of people using social assistance.

Some socio-economic factors were taken into consideration under the old system, but it was a much more simplistic approach that didn't always capture what was really happening on the ground.

The former measures put considerable stock in education levels, as well as the number of single-parent homes, said Coun. John Parker. Residents from Thorncliffe, where Parker is the local councillor, score average in terms of the number of residents who graduated from high school and post-secondary insti-

tutions. The difference is that, for many of his constituents, those diplomas were earned outside of Canada and haven't translated into well-paying careers in Canada.

Chris Brillinger, Toronto's executive director of social development, finance and administration, said the major benefit of the new criteria is that staff will be able to track the impact of investment. The previous iteration wasn't based on data in the same way, so it was impossible to quantify evidence of progress — even though, anecdotally, it was obvious.

Now, every Toronto neighbourhood is assessed based on the same 15 indicators.

Mayor Rob Ford told reporters Monday he plans to oppose additional priority designations. TORSTAR NEWS SERVICE

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11 NEWS

PC transit plan will cost more, offer less: Study

The Big Move. Report shows Tories' focus on underground trains would cost \$5.2B extra

The Ontario Progressive Conservatives' proposal to build subways and move light rapid transit completely underground would provide a fraction of the transit capacity already planned as part of Metrolinx's Big Move while costing taxpayers billions more, according to an analysis by the Pembina Institute.

The report says it would cost \$12.5 billion to build the 22 kilometres of new subway that were part of a Conservative proposal released in December.

Those lines include the downtown relief line, an extension of the Yonge subway line north and the Bloor-Danforth line west into Mississauga.

The Conservative proposal also includes moving the Sheppard East and Eglinton LRT lines, which have provincial funding and are already under construction, completely underground. The move would cost riders the loss of four kilometres of transit line and the taxpayers an additional \$5.2 billion.

The report says Conservatives would "cancel all other surface rapid transit lines (both LRT and BRT) that were planned as part of the Big Move for quick deployment to suburban communities."

In comparison, the next wave of the Liberal-backed Metrolinx plan is estimated at \$15.1 billion and includes 142 kilometres of new light rail, bus rapid transit and subway lines. The Metrolinx plan also includes GO Transit improvements, for a total cost of \$34 billion.

If funded, Metrolinx would build the downtown relief line, extend the Yonge subway line north, build light rail transit in Hamilton, Mississauga and Brampton, and build a bus rapid transit route along Dundas St. through Halton, Peel and Toronto.

The Liberals have said they are committed to expanding regional transit and finding new revenue tools, but the report says "they have not provided further details."

Dedicated revenue needed

"It's going to be critical that our party leaders make commitments to investments in transit ..."

Pembina Ontario director Cherise Burda, who says transit infrastructure is 30 years behind

A 2013 Liberal budget promise to raise money by charging solo drivers a toll to use high-occupancy vehicle lanes has not yet materialized, the report points out. A government spokesperson said the Ministry of Transportation continues to "examine U.S. HOT lane experience and is undertaking Ontario-specific traffic modelling to evaluate options to introduce HOV/HOT lanes in the GTHA."

TORSTAR NEWS SERVICE

Finding funding

The Liberals have said transit expansion could come through the release of government-backed low-interest "green bonds," but the report notes the "borrowed money" would have to be paid back.

- The province is currently building the first wave of the Big Move, which received \$16 billion in provincial funding.



Fatal flock serves as chilling reminder

Britney Binkowsky, a volunteer for FLAP Canada, picks up a dead bird to show museum visitors on Monday. The display of 1,700 dead migratory birds are being photographed at the old entrance to the Royal Ontario Museum for FLAP Canada. The Fatal Light Awareness Program documents bird and building collisions. The ROM is celebrating its 100th anniversary in 2014 with curated retrospectives of its broad focus of exhibits over the past 100 years. CHRIS SO/TORSTAR NEWS SERVICE

Mathematician fought racism

Though he was a mathematician by profession, Lee Lorch made an enduring contribution to the civil rights cause with his tireless campaigns against racial discrimination, which repeatedly cost him his job and forced him to make Toronto his home.

The lifelong activist, who was effectively barred from teaching mathematics in the U.S. for his battles against racism and segregation in the 1950s, died of natural causes in a Toronto hospital on Feb. 28. He was 98.



Lee Lorch TORSTAR NEWS SERVICE

Born in New York City, Lorch's sense of social justice was fostered by the anti-Semitism he experienced in the run-up to the Second World War.

"It wasn't something that was just outside of his own per-

sonal experience, it was something that he experienced and could therefore see how horrible it was," said Alice Lorch Bartels, his daughter.

Lorch studied mathematics at Cornell University at a time when American universities placed rigid quotas on the number of Jewish students admitted.

As a military cartographer in the South Pacific in the Second World War, Lorch was keenly aware of the army's treatment of black soldiers.

TORSTAR NEWS SERVICE

Winner of three 2014 Canadian Screen Awards

RICK MERCER REPORT

Rick hits the slopes with Canada's Para-snowboard team at Big White Mountain, BC.

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Food truckers balk at new proposal

City hall. Reform package goes to council committee on Tuesday

Toronto food-truck owners are unhappy with the long-awaited liberalization proposal unveiled by city bureaucrats on Monday, saying it gives too much power to traditional

restaurateurs who oppose the trucks.

The proposal is intended to launch a street-food renaissance. It would allow the trucks to sell food from “pay-and-display” parking spots on city roads — for the first time — as long as they stay 50 metres or more from a restaurant and 30 metres or more from school property.

That is a major victory for a

food-truck movement that has long struggled under Toronto’s repressive regulatory regime. But the proposal would also permit councillors or local Business Improvement Areas — made up of bricks-and-mortar establishments — to ask the city to ban the trucks from a particular area.

If the city agreed, the truck owner would have to file an appeal. A final decision would

be made by the local community council, made up of councillors from the general area.

“The BIAs are caving to the restaurants who don’t want the food trucks there. Therefore, what BIA is going to let us set up where we need to set up, which is where the people are?” asked Scott Fraser, co-owner of the Hogtown Smoke barbecue truck.

TORSTAR NEWS SERVICE



Councillors Josh Colle and Mary-Margaret McMahon at the launch of a food-truck pilot program last summer. New proposals shift away from the near-ban of restaurants-on-wheels. JESSICA MCDIARMID/TORSTAR NEWS SERVICE



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Condos ‘to bear the brunt’ of housing slide: TD



A new report says condos in Toronto are in for some price swings.

DAVID COOPER/TORSTAR NEWS SERVICE

Greater Toronto doesn’t have just one housing market — it has several, says TD Economics, and they’re not all moving in the same direction.

“We expect homes sales and price growth to cool gradually over the next few years,” the bank says in a new report.

But some sectors will cool faster than others: “The condo market is likely to bear the brunt of the housing slowdown,” the report says.

In fact, it says, condo prices are likely to drop four per cent

in each of this year and next, while single detached home prices edge two to three per cent higher.

Not everyone agrees with the bank’s assessment. Shaun Hildebrand, vice-president of condo consulting firm Urbanation, calls the TD projections “extreme.”

The TD report stresses that the GTA market has different elements, moving in different directions.

Prices for detached single homes rose 12 per cent in the

By the numbers

70,000

TD estimates that 70,000 new condo units will be completed this year and next. That’s twice the pace of the historical average.

past year, it notes, but that wasn’t because of strong demand — in fact, the number of sales fell. Rather, it’s because there are few listings.

Even the detached home market isn’t uniform: Most of the deals are resales. The GTA saw only 9,000 sales of newly constructed single detached homes, out of 43,000 total sales.

While low supply supports strong prices in the single detached market, condos are a different story, says TD.

“In the new condo market, supply has been outstripping demand,” the report says, and that trend will only get stronger. TORSTAR NEWS SERVICE

South Sudan. Protesters denounce UN after weapons found in truck

Hundreds of young South Sudanese men marched in protest of the United Nations on Monday following the discovery of land mines inside a UN truck that was marked as carrying food.

The rally participants marched through the city and shouted slogans of support for President Salva Kiir while also denouncing Hilde Johnson, the top UN official in the country. Protesters accused Johnson of supplying arms to rebels fighting South Sudan's government.

"The transport of cargo of general goods belonging to the Ghanaian battalion (was) on its way to Bentiu. Several containers were wrongly labelled and inadvertently contained weapons and ammunition," said UN spokeswoman Ariane Quentier.

Security report

An internal UN security situation report over the weekend said the government impounded 12 UN trucks.

The discovery — as well as a video showing guns and land mines taken from the UN trucks that has been making the rounds on social media — has fuelled even more skepticism of the UN here. Anti-UN sentiment began growing in January when President Kiir described the organization as a "parallel government" and ardent supporter of rebels.

Quentier declined to comment further on Monday and the UN has not explained why its soldiers would need land mines. **THE ASSOCIATED PRESS**

Syria

Ordeal ends for abducted nuns

Syrian militants released a group of Greek Orthodox nuns Monday in exchange for dozens of women held in government prisons — a rare deal between Damascus and al-Qaida-linked rebels that was mediated by Qatari and Lebanese officials.

The dramatic scene of the nuns being freed from vehicles in the dead of night along the Lebanese-Syrian

border, bidding their captors a surprisingly friendly farewell, ended the women's three-month ordeal.

The nuns were captured as opposition fighters overran a Christian village and were held in a border town. They were released as government-backed forces battled their way into the strategic border town in which they were held.

The 13 women said they were treated well by their captors, members of the al-Qaida-affiliated Nusra Front. **THE ASSOCIATED PRESS**

Russia to counter U.S. proposal for Ukraine

Geopolitical crisis. Minister says nation almost in state of war

Russia said Monday it is drafting counterproposals to a U.S. plan for a negotiated solution to the Ukraine crisis, denouncing the new Western-backed government as an unacceptable "fait accompli" and claiming that Russian-leaning parts of the country have been plunged into lawlessness.

The Kremlin moves came as Russian forces strengthened their control over Crimea, less than a week before the region is to hold a contentious referendum on whether to split off and become part of Russia.

In a televised briefing with President Vladimir Putin, Russian Foreign Minister Sergey Lavrov said proposals made by U.S. Secretary of State John Kerry are "not suitable" because they take "the situation created by the coup as a starting point," referring to the ouster of Ukraine's pro-Kremlin president, Viktor Yanukovich.

Referring to a document he received from Kerry explaining the U.S. view of the situation in Ukraine, Lavrov said: "Everything was stated in terms of allegedly having a conflict between Russia and Ukraine, and in terms of accepting the fait accompli," he said.

Lavrov said Kerry delayed a



Pro-Russian protesters, right, clash with Crimean Tatars in front of a local government building in Simferopol, Crimea, Ukraine, in this Feb. 26 photo. The arrival of Russian troops in Crimea has opened old wounds among the Crimean Tatars, who once again fear they will be unwelcome in their homeland. DARKO VOJNOVIC/THE ASSOCIATED PRESS

visit to Moscow to discuss the situation, and Russia had decided to prepare new proposals of its own, though he did not say what they were.

But in Washington, State Department officials said that it was Russia's refusal to discuss the American proposals that was hurting prospects for a negotiated solution — in particular, the idea of direct talks between Russian officials and those of the new Ukrainian government.

Meanwhile, Ukraine's foreign minister said Monday that his country was practically in a state of war with Russia, whose forces have effectively taken control over the Crimean Peninsula in what has become Europe's greatest geopolitical crisis since the end of the Cold War.

"We have to admit that our life now is almost like ... a war," said Foreign Minister Andrii Deshchysya. "We have to cope with an aggression that we do not understand."

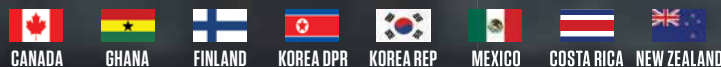
Deshchysya said Ukraine is counting on help from the West. Prime Minister Arseniy Yatsenyuk is to meet with President Barack Obama in Washington on Wednesday.

On Monday, the Russian Foreign Ministry denounced the lawlessness it said "now rules in eastern regions of Ukraine as a result of the actions of fighters of the so-called 'Right Sector,' with the full connivance" of Ukraine's new authorities.

THE ASSOCIATED PRESS

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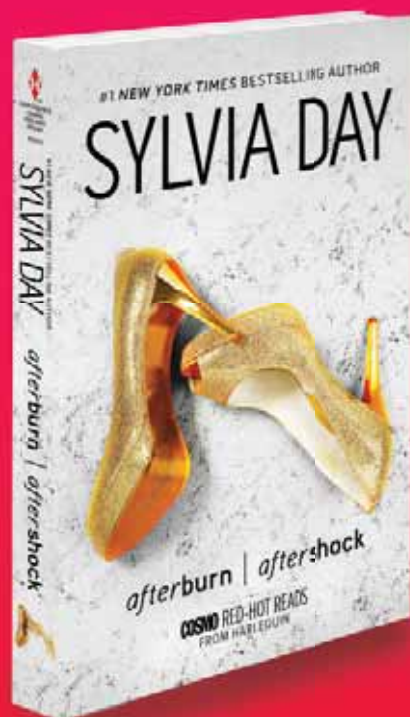
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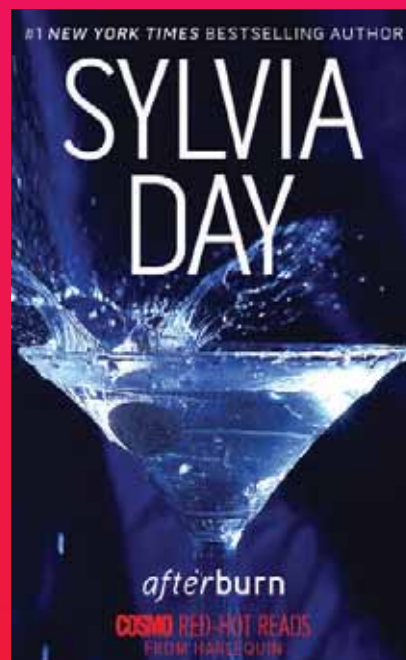
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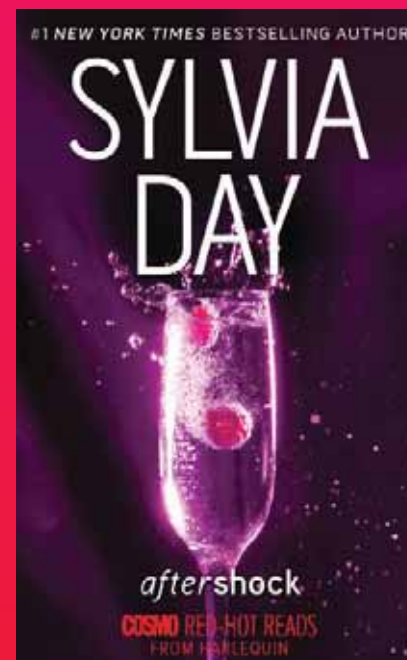
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Heroin a 'public health crisis'. First responders should carry antidote: U.S. attorney general

U.S. Attorney General Eric Holder on Monday called an increase in heroin-related deaths an "urgent and growing public health crisis" and said first responders should carry with them a drug that can reverse the effects of an overdose.

The video message posted on the Justice Department's website reflects the federal government's concern about the growing prevalence of heroin and prescription painkillers. The number of overdose deaths involving heroin increased by 45 per cent between 2006 and 2010, according to the White House Office of National Drug Control Policy.

"Addiction to heroin and other opiates, including certain prescription painkillers, is impacting the lives of Americans in every state, in every region, and from every background and walk of life

Quoted

"Confronting this crisis will require a combination of enforcement and treatment."

U.S. Attorney General Eric Holder

— and all too often, with deadly results," Holder said in the message.

His public support for an antidote that could be used to rescue overdosing drug users mirrors the position of the White House drug policy office, which has also urged all first responders to have the medication on hand. At least 17 states, including Washington, D.C., allow naloxone — commonly known by the brand name Narcan — to be distributed to the public, and bills are pending in some states to increase access to it.

THE ASSOCIATED PRESS

Barrie, Ont.

Mom arrested for allegedly getting child to steal

A woman is facing charges after allegedly distracting a cashier so her child could steal items from a store. Police in Barrie say an eight-year-old was pushing a shopping cart loaded with \$1,500 worth of power tools out to a waiting taxi, while the mother was distracting staff. Investigators say the woman was arrested and the child was sent home in the taxi. THE CANADIAN PRESS

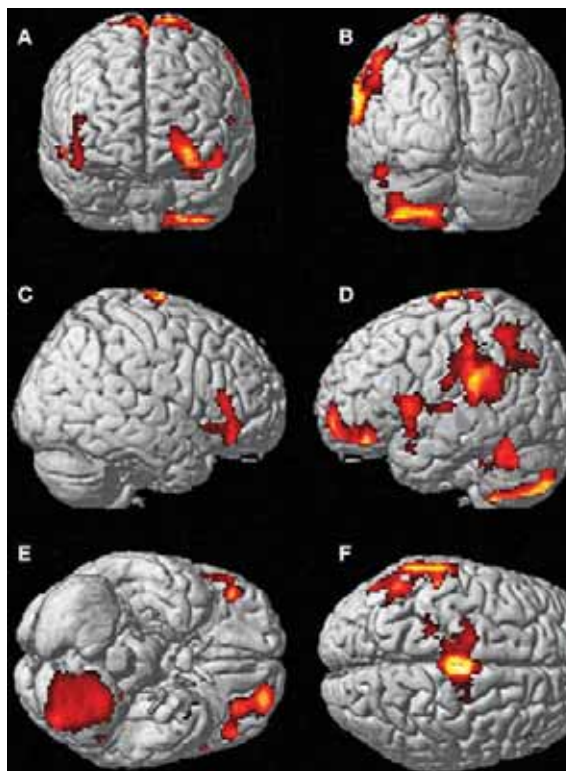
10.7 billion trips

Public transit booming in U.S.

Americans are boarding public buses, trains and subways in greater numbers than any time since the suburbs began booming. Nearly 10.7 billion trips in 2013, to be precise — the highest total since 1956, according to ridership data reported by transit systems nationally and released Monday by the American Public Transportation Association.

THE ASSOCIATED PRESS

U of O research finds grounded science in out-of-body experience



Researchers at the University of Ottawa have found unusual brain activity that could be linked to the feeling of an out-of-body experience. CONTRIBUTED

Quoted

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience."

Claude Messier, a researcher at the University of Ottawa

University of Ottawa. Researchers conducted a study on a woman who can voluntarily have an out-of-body experience



LUCY SCHOLEY
lucy.scholey@metronews.ca

An out-of-body experience might sound like something from a paranormal movie or a religious cult, but a pair of researchers from the University of Ottawa have the science to back the curious case.

Claude Messier and Andra Smith conducted a study on a woman who can voluntarily have an out-of-body experience. It had become common practice for the 24-year-old, who said she started doing it when she was a child to help her fall asleep.

Messier and Smith conducted functional MRI scans of the woman while in this state and found that there's brain activity linked to the feeling of being lifted out of one's body or seeing one's body while outside of it. They had her imagine she was doing jumping jacks or roll over while in this out-of-body state.

Normally, when one imagines doing jumping jacks, both sides of the brain are active. But in this woman's out-of-body state, the scanned images showed activity predominately

on the left side of the brain.

"That was a cue to us that we were just doing something different than just regular imagery," said Messier.

"It was a bit of a surprise and we certainly didn't expect anything special," he said, adding that they tested her twice. "We were a bit unsure, skeptical, that this was actually happening."

This woman was an interesting case, said Messier, because most people have out-of-body experiences following a traumatic event or drug use. While typically frightening — especially for those experiencing them for the first time — this woman was able to do it on her own terms.

Since this study was published, Messier said he's heard from other people who say they can voluntarily have out-of-body experiences. He's also seen blog articles that link this study to religion or paranormal activity, but he said those are misleading.

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience," he said.

Research

Most people have out-of-body experiences following a traumatic event or drug use.

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'You can't get any more evil': Killer's dad

Newtown massacre.

Peter Lanza breaks his silence more than a year after his son killed 20 first-graders and six educators

In his most extensive comments about the 2012 Con-

necticut school massacre, the father of gunman Adam Lanza describes his struggle to comprehend what his son did — an act that “couldn’t get any more evil” — and how he now wishes that his son had never been born.

Peter Lanza also told The New Yorker magazine that he believes Adam would have killed him, too, if he had the chance. And he often con-

templates what he could have done differently in his relationship with Adam, although he believes the killings couldn’t have been predicted.

“Any variation on what I did and how my relationship was had to be good, because no outcome could be worse,” Peter Lanza said. “You can’t get any more evil.... How much do I beat up on myself about the fact that he’s my son? A lot.”

He said he hadn’t seen his son in two years when Adam killed 20 first-graders and six educators at Sandy Hook Elementary School in Newtown in December 2012. Adam killed himself as police arrived. He earlier fatally shot his mother, Nancy, in their Newtown home.

The interviews are Peter Lanza’s first public comments since he released a statement

the day after the massacre expressing sympathy for the victims’ families and puzzlement over his son’s actions.

Peter Lanza believes his son had no affection for him at the time of the shootings.

“With hindsight, I know Adam would have killed me in a heartbeat, if he’d had the chance. I don’t question that for a minute,” he told the magazine. **THE ASSOCIATED PRESS**



Adam Lanza

THE ASSOCIATED PRESS FILE



Radioactive water hampers Fukushima cleanup

A staff member of the Tokyo Electric Power Co. speaks to journalists in front of the No. 1 reactor at the Fukushima Daiichi nuclear power plant during a press tour in Okuma town, Japan, Monday. The radioactive water that has accumulated at the crippled nuclear power plant remains the biggest problem hampering the cleanup process three years after the disaster. **KOJI SASAHARA-POOL/THE ASSOCIATED PRESS**

Alzheimer's. Senior lived a month with husband's body

An elderly woman who suffers from Alzheimer's disease lived with her husband's body for a month after he died not realizing what happened, authorities said Monday.

The body of Jesse Kirby, 76, was discovered Friday in his bed when police went to the home in Decatur, Ala., to check on the couple. Living inside the house was his wife,

Doris Kirby, 78, who was hospitalized after the discovery.

The man apparently died of natural causes in his sleep about four weeks ago.

The door was closed to the bedroom where the man died. Police saw the man's body through a window. Two dogs that apparently died of starvation were found in the bedroom. **THE ASSOCIATED PRESS**



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Pistorius trial continues with graphic testimony about girlfriend's wounds

Pretoria. Amputee athlete vomits in courtroom as Reeva Steenkamp's gunshot wounds are described

Oscar Pistorius vomited in the dock and retched repeatedly and loudly at his murder trial Monday as he heard graphic details of the injuries sustained by the girlfriend he shot, including a head wound that was probably instantly fatal, according to the pathologist who performed her autopsy.

Reeva Steenkamp was shot with bullets designed to expand on impact and cause maximum damage, Prof. Gert Saayman testified after he identified the type of bullet from fragments in Steenkamp's skull.

Saayman also gave his expert opinion on how long



Oscar Pistorius buries his head in his hand as he listens to questioning during his trial Monday in Pretoria, South Africa, regarding the events surrounding the shooting death of his girlfriend Reeva Steenkamp. BONGIWE MCHUNU/THE ASSOCIATED PRESS/POOL

before she died Steenkamp last ate, by the food contents in her stomach. He estimated that it wouldn't have been more than two hours before she died. That appeared to

contradict Pistorius's version that suggests the couple had eaten and were in bed by 10 p.m. Steenkamp was shot after 3 a.m.

Saayman's testimony was

not broadcast or reported live on Twitter by journalists because of its explicit content under an order from Judge Thokozile Masipa. However, journalists were allowed to

report the testimony without directly quoting the witness's words.

As the double-amputee runner, hunched over on a bench, vomited as he heard

the description of Steenkamp's wounds, Masipa briefly halted the testimony to ask chief defence lawyer Barry Roux to attend to his client.

The judge also asked whether Pistorius was able to understand the proceedings. Roux said Pistorius's reaction was not going to change. A bucket was placed at his feet.

After court adjourned for the day, Pistorius sat for a few minutes with his hands over his ears and his body heaving and bent forward as his brother held a hand on his back.

Pistorius, the first amputee to run in the Olympics, is charged with premeditated murder for the shooting death of 29-year-old Steenkamp before dawn on Feb. 14, 2013.

Pistorius, 27, says the killing was accidental because he thought his girlfriend was a dangerous intruder when he shot her through the door of a toilet cubicle in his home.

THE ASSOCIATED PRESS

Snowden speaks at SXSW tech conference



NED EHRBAR
Metro World News in Hollywood

NSA leaker Edward Snowden called for public oversight of U.S. intelligence programs during a web-streamed speech at SXSW Interactive Monday, one of the most anticipated segments of the technology conference. Snowden, appearing remotely from Russia where he remains in exile, urged attendees to take more control over how the various intelligence

agencies interact with citizens. The speech marked the first time Snowden has addressed U.S. citizens directly since going into exile.

"South by Southwest and the tech community, the people in the room in Austin, they're the folks who can fix this," Snowden said. "We need public oversight, some way for trusted public figures to advocate for us. We need a watchdog that watches Congress, because if we're not informed, we can't consent to these policies."

When asked by an attendee if he had any regrets about his decision to leak classified NSA documents, Snowden replied that he would "absolutely" do it again.

"Regardless of what happens to me, this is something that we had the right to do," he said, a copy of the U.S. Constitution serving as his backdrop. "I took an oath to support and defend the Constitution. And I saw the Constitution was being violated on a massive scale."

While the speech drew gen-

erally positive responses from the crowd, it had been preceded by criticism and controversy, with Rep. Mike Pompeo urging the conference in an open letter to cancel the event, calling Snowden a traitor.

Snowden's speech was viewed by 3,000 conference attendees filling the main auditorium at the Austin Convention Center. Two overflow rooms had been set up by the conference, with the speech also streamed live by the Texas Tribune.



A screen grab of NSA leaker Edward Snowden. CONTRIBUTED

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Peeling back profits

A new global top banana: Fyffes, Chiquita merge

Fruit supply companies Chiquita of the United States and Fyffes of Ireland said Monday they had agreed to merge to create the world's biggest banana supplier.

The all-shares agreement means the two companies will become ChiquitaFyffes PLC. **THE ASSOCIATED PRESS**

Market Minute

DOLLAR
90.08¢ (-0.09¢)

TSX
14,302.06 (+2.98)

OIL
\$101.12 US (-\$1.46)

GOLD
\$1,341.50 (+\$3.30)

Natural gas: \$4.66 US (+\$0.04)
Dow Jones: 16,418.68 (-34.04)

Black Twitter gains followers online and IRL

Trending. The modern twist on the barbershop 'brings the fullness of black humanity into the social network'

When a U.S. jury convicted Michael Dunn of attempted murder, but not actual murder, in the shooting death of a black teenager, the hashtag #dangerousblackkids popped up on Twitter. Users posted photos of black babies and toddlers, making fun of the fear that Dunn testified he felt before opening fire on a car full of teens at a convenience store.

That hashtag was the calling card of Black Twitter, a small corner of the social media giant



Black Twitter offers self-expression online, 140 characters at a time.
THE ASSOCIATED PRESS

where an unabashedly black spin on life gets served up in 140-character instalments.

Black Twitter shares opinions on everything from President Barack Obama to the

latest reality TV show. But Black Twitter can also turn activist quickly.

"Black Twitter brings the fullness of black humanity into the social network, and that is why it has become so fascinating," said Kimberly C. Ellis, who has a doctorate in American and African Studies, tweets as @drgoddess and is studying Black Twitter for her upcoming book, *The Bombastic Brilliance of Black Twitter*.

According to a Pew Research Center report, while similar numbers of blacks and whites use the Internet — 80 per cent and 87 per cent, respectively — 22 per cent of those blacks who were online used Twitter in 2013, compared with 16 per cent of online whites.

THE ASSOCIATED PRESS

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Usage-based insurance in Canada?

What the
Beep!



Select Canadian insurers have started offering usage-based car insurance on an optional basis. This option, while still new, may be a cost-effective solution for some drivers.

Find out what you could be paying and put more money in your pocket. Compare the car insurance market - all in one place.

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THERE SHOULDN'T BE AN APP FOR THAT

Are you a terrible boyfriend? Well guess what, now there's an app for that.

The newly released BroApp promises to deliver an automated message to your girlfriend once a day so you can spend more time with your "bros." That's right, digitally savvy dudes, you can now outsource your relationship to your cellphone for the bargain price of just \$1.99.

Users have the option to craft their own customized sweet-nothings or select from a pre-programmed list of grammatically incorrect and cringe-worthy greetings such as "Hi darl, how did you go today?" and "Hey babe, what's doing with you today?"

I'm sorry, but are we to assume that the modern man is so incredibly inept at multitasking that he can't remember to take 10 seconds out of his bro-filled day of fist-bumping and beer-chugging to show some affection to-



SHE SAYS
Jessica Napier
metronews.ca

wards the person he is romantically interested in? Seriously?

Presumably a "girlfriend" is someone with whom you'd like to cultivate a meaningful emotional and physical relationship. If this is a woman you'd like to share your life with, go to dinner with and have sex with, shouldn't you at least have the decency to communicate with her directly rather than relying on some sort of digital proxy to do it for you?

Furthermore, do the tech wizards over at BroApp presume the girlfriends of the world are so insecure that they just can't bear to go more than 24 hours without hearing from their man?

Spoiler alert, guys: Women aren't just sitting around brushing our hair and waiting for you to finish hanging out with your buddies so you can lavish us with attention. We actually have a lot of stuff going on: jobs to do, people

to see, Pilates classes to attend and Netflix shows to binge-watch. Sure it'd be nice to receive a sweet text message from you during the day, but we're not desperately clutching our phones and waiting with bated breath for you to grace us with a lacklustre "Sup?"

There's no faking sincere dialogue and there's a good chance your girlfriend is going to be able to tell the difference between a hand-crafted message from her human boyfriend and BroApp's impersonal scripted greetings.

Checking in with your significant other isn't an annoying chore to contract out to a computerized mobile wingman. So if you're actually considering taking the time to download this app and hand-pick your preferred lazy-boy-friend messages, then for goodness' sake just pick up the phone and have an actual conversation.

Or better yet, use that \$1.99 to take your lady friend out for a cup of coffee and engage in some old-fashioned face-to-face communication.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Anyone want to retweet this?



ZSL/LONDON ZOO/REX

Lemur gets into selfie craze

It certainly seems that 2014 is set to be the year of the selfie, as this lemur poses for a cheeky picture at the London zoo. Bekily, a 12-year-old, ring-tailed lemur, was clearly out to take the Twitter crown for most retweets from Ellen DeGeneres, who posted the star-studded Oscars selfie. **METRO**

'He grabbed the camera lens'

"We're always taking quick pics of the animals we look after — as with workmates this is cute — but Bekily definitely wanted to get in on the action himself this time," says keeper Tegan McPhail. He adds: "As I was snapping away, he grabbed the camera lens and pulled it towards his own face." **METRO**

Other selfie moments

- **Barack Obama.** The U.S. president caused controversy following his selfie with British PM David Cameron and Danish PM Helle Thorning-Schmidt at the Nelson Mandela memorial service.
- **Kim Kardashian.** The star

showed she was back to her booty-shaking best after giving birth to North West in June.

- **David Cameron.** The prime minister was mocked for his "serious selfie" that pictured him on the phone to Barack Obama.

Clickbait



IRENE KUAN
Metro Online

Love doing your nails but hate painting on a colour only to regret it? On top of wasting time, it can also be a pricey habit, with professional manicures running upwards of \$30. Here are some free apps for beauty buffs to have a virtual manicure before shelling out the big bucks at a salon.



ISTOCKIMAGES

Nail Maker: Virtual Manicure:

This app is like a real nail salon, where you can clip, buff, polish and decorate your nails virtually. You start with choosing your skin tone, and then start playing with different colours, gems and art pens. Once you're done, clean up with polish remover and start again.

Virtual Nail Salon by ModiFace:

Try on real-life nail polish colours, patterns and rings with this app. You can even create a customized nail polish pattern by uploading a photo.

Twitter

@metropicks asked: .@strombo will host @hockeynight next season. What is your first reaction? #HNIC #HNICstrombo

@AllanSorensen: don't care what broadcaster absorbs @strombo, so long as it puts an end to one of the most shameful episodes in CBC history

@KeightyEm: Just when you weren't sure it was possible... hockey got sexy.

@Smugshot: would have preferred Rick the temp

@policyfrog: I like Strombo just fine,

but I'm still going to win the first time he ironically wears a powder blue sport coat on air.

@Mel_Brown: I'm thrilled if it means Don Cherry is gone! :)

@Glenn_A_Johnson: As a former journo and broadcaster, I admire his invu skills. He will bring a touch of hip.

@MyNewsStop: Its great! Strombo is pure Canadian & a sincere personality. He is a great fit #HNICstrombo

@laneyj19: Ppl should start learning how to spell and pronounce his name now!

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March 2014

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An inside look at what
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TRANSFORM YOUR PASSION INTO A CAREER

George Stroumboulopoulos talks about breaking into the broadcast industry,
the powerful culture of radio stations, and why he loves the city of Toronto

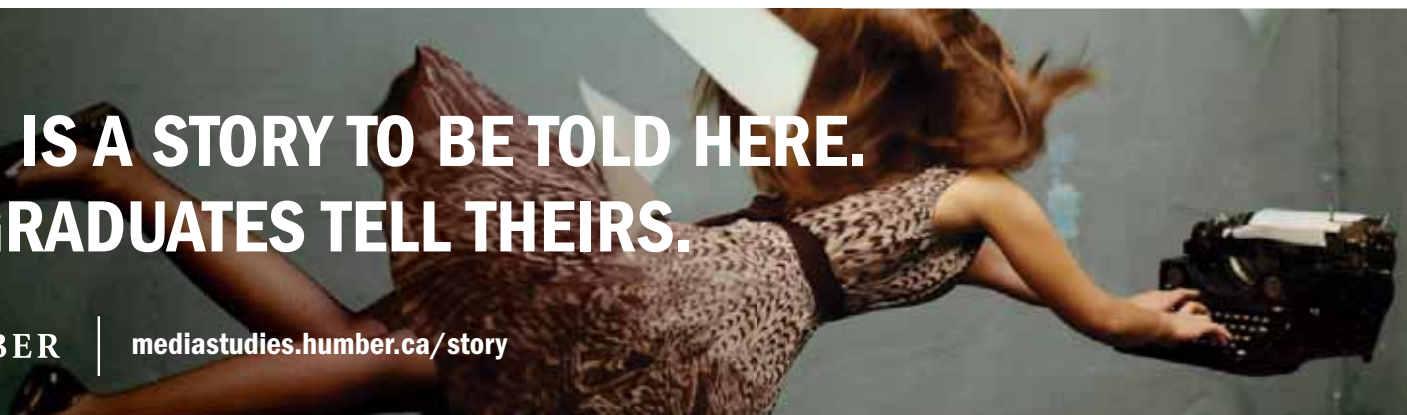
PHOTO: CHRIS BUCK

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CHALLENGES



Fueling Canada's creative industry



Linda Franklin
PRESIDENT AND CEO,
COLLEGES ONTARIO

“More than ever, it is important that graduates entering the workforce have the qualifications and advanced skills to help them find meaningful work.”

The new economy is demanding much from today's post-secondary graduates. The workplace is forever changing, thanks to technological advancements and evolving demographics. Problem-solving, creativity and tenacity are all fundamental to thriving in this challenging job market.

More than ever, it is important that graduates entering the workforce have the qualifications and advanced skills to help them find meaningful work.

Many employers say they can't find qualified people to fit positions that desperately need to be filled. The skills mismatch - the misalignment between the qualifications sought by employers and the skills held by people seeking work - will continue to be a challenge as new technology and innovations transform the workplace.

Ending underemployment

In fact, the Conference Board of Canada estimates the skills mismatch costs the province as much as \$24.3 billion a year in lost economic activity. It also costs the province \$3.7 billion in provincial tax revenues.

Young people have been hit particularly hard by the skills mismatch. Too many young people are unemployed or underemployed. College education will be more essential than ever in addressing this challenge.

Record numbers of students are pursuing public college education to get the hands-on learning and career training needed for the knowledge economy. Furthermore, college graduates are successful. Even in this difficult economy, more than 83 percent of college graduates find work within six months of graduation.

Ontario must take steps to encourage students to pursue the colleges' career-focused programs, including measures to help more students get a combination of both college and university education.

Career focused degrees

One of the most important steps the province can take is to elevate post-secondary education to international standards by expanding the range of career-focused degree programs at Ontario's colleges.

Currently, Ontario colleges are allowed to offer degrees in their four-year programs; however, graduates of the three-year programs can only be awarded diplomas.

In most OECD countries, graduates of three-year post-secondary programs earn degrees, including graduates of career-focused programs.

Many of the three-year programs at the colleges are already aligned with the provincial standards for degree programs. They are pretty much degree programs in everything but name.

Furthermore, independent research that was done in 2011 for the Ontario government confirmed that the four-year degree college programs that are already in place are successfully delivering degree-level training that is not available at universities.

Growing numbers of students and parents want access to degree programs with a career-specific focus, and many employers are also seeking people with degrees who have workplace-ready skills and competencies.

To produce a more qualified workforce in the years ahead, Ontario colleges will continue to offer a robust range of career-specific programs with a wide range of credentials to help students find long term success.

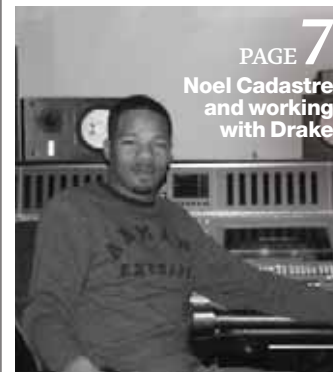
LINDA FRANKLIN
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EDITOR'S PICK



PAGE 7

Noel Cadastre
and working
with Drake



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INSIGHT

Get informed about the creative design sector

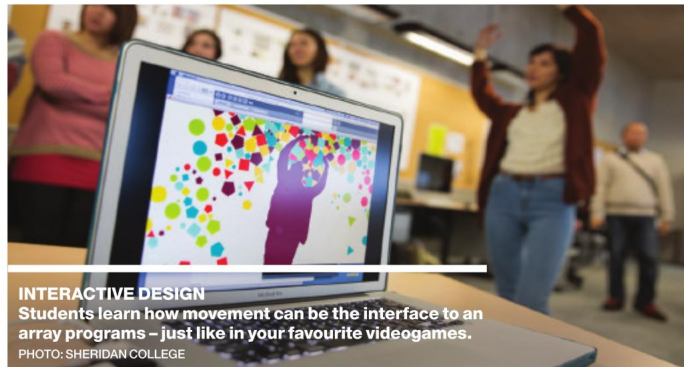
Interaction and graphic design are two of the most exciting creative industries in the world right now, and Canada is quickly becoming a hub for both.

What does it take to make it in one of these industries; what sort of jobs are on offer; and, most importantly, what are the benefits?

Interaction design

“It’s really about how a user interacts with a piece of technology,” explains Mark Shufflebottom, Professor of Interaction Design at Sheridan College. “And, how a user can operate the controls of their technology in a way that makes the most sense to them.”

A student in an interaction design course can expect to learn a diverse range of new skills. Along with training in graphic and user inter-



INTERACTIVE DESIGN
Students learn how movement can be the interface to an array of programs – just like in your favourite videogames.
PHOTO: SHERIDAN COLLEGE

face design, students are taught to examine the circumstances in which people are using their technology, identify consumer goals and then build systems to improve the user experience.

UX (user experience) design, UI (user interface) design, back-end development, software development, app development and web design are all jobs that an interaction design graduate

should be qualified to apply for. “The salary in a Toronto based entry level job in this field is around \$50,000 to \$60,000,” says Professor Shufflebottom. “There’s a lot of work in the interaction design sector right now, it’s a hugely growing field.”

Graphic design

As well as being expected to develop a good grasp of the latest

design software, students are trained in the foundational principles of graphic design. These include composition, understanding typography, effective application of colour, developing imagery and thinking conceptually.

It’s a fast moving industry and students need to be able to keep up with advances in the field. “Anyone going to school today has to be able to embrace the technological changes that are taking place,” explains Lionel Gadoury, President of the Association of Registered Graphic Designers, “because the more that you’re able to move between different media, the more opportunities there are for you in the jobs market.”

Whether it’s commercial or business branding, developing infographics or traditional print design,



every modern industry has a need for graphic design.

“There are significant opportunities for graphic designers to serve all business markets,” says Gadoury. “Whenever a company is concerned about communicating with a particular audience or projecting a certain image, there’s an opportunity for a graphic designer to be involved.”

A starting salary for a junior graphic designer usually ranges between \$30,000 and \$35,000, but that can rise sharply as a designer grows into their industry. “In terms of opportunities, I don’t think we’ve ever had a time when the industry has been more economically viable,” says Gadoury.

JOE ROSENGARTEN

editorial@mediaplanet.com



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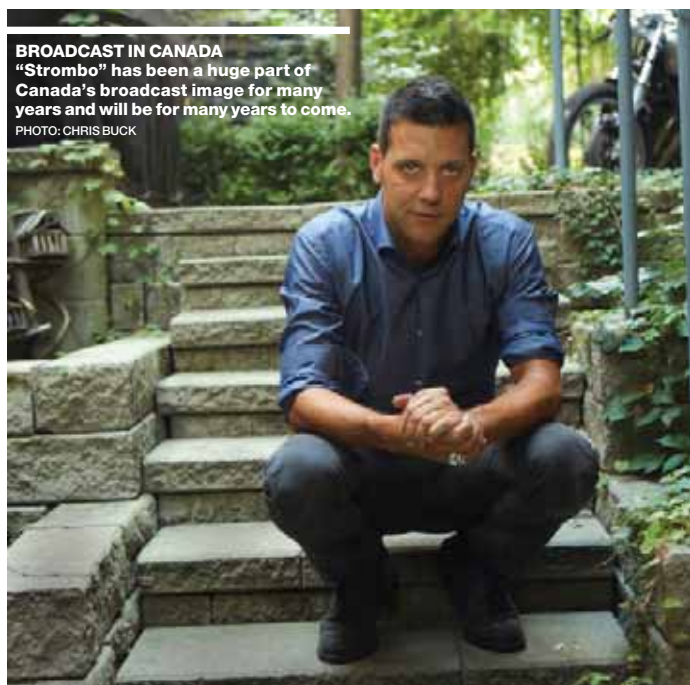
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INSPIRATION

Behind the scenes with George Stroumboulopoulos



BROADCAST IN CANADA
"Strombo" has been a huge part of Canada's broadcast image for many years and will be for many years to come.
PHOTO: CHRIS BUCK

MP At what point did you think, 'okay, this is what I want to do'?

GS The first day that I walked into a radio studio, that's when I thought, "right, this is where I want to be for the rest of my life." That's why even though I'm on television now, I keep the radio show - because being in the studio and looking at a broadcast screen or an edit screen is so amazing.

There was a culture in radio stations that was really powerful, and the legends that you worked with...I remember the day that Bob Mackwood Senior walked into the building, I couldn't believe it because he was the guy I grew up listening to on the six o'clock *Rock Report*. Then, to be able to work with Macko was so inspiring, and he's the one that developed me in a way that would keep me around.

MP What would you say to people that want to break into the industry?

GS You've got to take a radio-broadcasting course because there are some basics that you need to know. Go to a community college and start the foundation, because if you don't show a potential employer that you're prepared to learn, then why the hell would anybody hire you?

Now, with YouTube, everybody is a broadcaster. In the era of ubiqui-

tous broadcasting, get on and practice... You need practice: you need mic time and you need camera time.

It used to be really difficult to get a broadcasting facility; to get production time was very challenging. Now, your bedroom is your broadcast base, but that is what a lot of people don't want to do, they don't want to put that work in.

compare to other cities that you've traveled to?

GS I've spent a lot of time around the world and there's no city like Toronto. It's a gigantic city that feels like a small town; I live downtown and the urban centre is so diverse.

Also, if you're doing unscripted, non-fiction television, there's no place better than Canada because

"Now, with YouTube, everybody is a broadcaster."

MP What are some of the 'behind the scene' jobs that make your shows possible?

GS You need people who have a curiosity and an ability to think deeply and learn about a potential guest or story. Critical thinking is the number one thing, and you can develop that in a lot of the early jobs: everybody should start as a PA (production assistant or program assistant).

The PA is really important, the visual researcher is really important, and of course you need producers, writers and editors. Good editors, who understand story, are very hard to find.

MP What has made you stay in Toronto, and how does it

we're not as jingoistic as other places. We're patriotic but we're not overly patriotic, so Canada has been the right place for me to be.

I've worked on a lot of shows in different countries, and it's a nice experience that I've enjoyed and learned from, but I'm a Canadian and a Torontonion, and it's important for me to have that relationship with my own city.

I spend a lot of time in LA because there's a lot of great opportunity here, and the weather is amazing!

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JOE ROSENGARTEN
editorial@mediaplanet.com

Mediaplanet caught up with Canadian radio and television personality, George Stroumboulopoulos, to chat about how he made his way in Canada's broadcast media industry.

Mediaplanet What first attracted you to the broadcast industry, and did you envisage it ending up as your career?

George Stroumboulopoulos I was always in love with radio and wanted to be a part of it, but

there was never any real path. Growing up in the neighbourhood that I did, there was never going to be any contact with anybody that was even doing this for a living.

I've been listening to radio intently for a long time. For me, it's always been about the content: the music, film, politics and sports, and these are the things that really mattered to me, so I wanted to be around the places where those conversations were actually happening.

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NEWS



CROSS MEDIA
With the prominence of tablets, smartphones and smart TV's, designers have to ensure that their message is built for all interfaces.
PHOTO: ASSOCIATION OF REGISTERED GRAPHIC DESIGNERS



How new media is transforming the employment landscape

If you're looking to start a career in digital media, Toronto offers incredible opportunities.

Interactive digital media now permeates almost every industry. No matter where your interests lie - from video games to education to automobiles - there's likely a digital media-related career available to you.

In addition to having a choice of sectors, your options can also extend to the specific job functions that match with your skill set.

Array of opportunities

Programming skills are in high demand. If the technical side of things appeals to you, app devel-

opment or coding for interactive online media would be a good path to pursue be your path. You may find yourself creating your own unique intellectual property (IP) - as Toronto companies like Get Set Games have done with their massively successful Mega Run and Mega Jump games - or tackling a programming challenge as part of a work-for-hire project.

If you've got a mind for business, there is tons of potential for marketing, sales and finance roles at game studios, digital advertising agencies, or eLearning companies. But if you're more of an artistic type, you'll find that opportunities in game art, user interface design, sound design and a host of others.

A lucrative industry

The careers in this sector are not only rewarding and interesting, but lucrative as well. The Entertainment Software Association of Canada reported in 2012 that the average annual salary in the Canadian video game industry \$72,500. In addition, you'll find unique perks at many companies. Free catered lunches are increasingly common and one company even offers a bi-weekly house-cleaning service for employees.

If a large company is what you seek, Toronto is home to Canadian offices of international heavyweights like Google, Facebook, and Ubisoft. If you prefer a smaller, more intimate setting, the city is filled with tight-knit

teams starting with as few as two people. And for those with an entrepreneurial streak, Toronto is an excellent place to set up shop; access to provincial grants (through the Ontario Media Development Corporation), government investment (Canada Media Fund), and generous tax credits on expenditures (Ontario Digital Media Tax Credit) are all part of the supports in place to help digital media entrepreneurs succeed.

Your next step

So where should a new grad to start? Toronto has a wealth of digital media events, meet up groups, professional organizations, and coworking spaces.

Girl Geeks Toronto and Dames Making Games provide networking and education for women in digital media. Coworking spaces like the Centre for Social Innovation and Bento Miso allow creators to meet like-minded people - perhaps even future collaborators and business partners! - in an innovative environment. Digital media in Toronto is a growing industry that awaits new talent. With the diversity of roles available and many companies hiring, you'll be sure to find your best fit.

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NEWS



Designing your dream career



Forty percent of the estimated 250,000 people who immigrate to Canada, annually, settle in Ontario. With over 100 languages spoken in Toronto alone, our cultural mosaic is rich and complex.

Home to the third-highest entertainment industry by employment, our city centres are premium destinations for arts and culture professionals to make their mark in 'the biz'.

Provincial world-class events like TIFF, Caribana, Pride Day and

top-notch jazz festivals are global leaders of their kind. So how can you tap into this rich, vibrant class culture and lay the roots for a successful career in the arts?

Importance of business skills in culture

WorkInCulture Executive Director, Diane Davy says, "professionals across all disciplines share a need for critical business skills. Arts-focused learning around high-valued skills like marketing, networking and social media will help your personal business or organization grow."

When artists and arts organizations have the level of support they need, in an environment that delivers these opportunities, anything is possible. The Toronto International Film Festival started small in 1976, featuring films that were hosted at other festivals around the world. Today, it is the leading public film festival on Earth, contributing more than \$189M to our economy and creating over 2,295 jobs. Similar arts events include the Stratford and Shaw festivals, Canadian Music Week, the Sudbury Cine-

fest film festival and more. These culture affairs are the direct result of a longstanding relationship and deep appreciation for the arts in Ontario.

Who is helping?

Organizations find support through the provincial and federal governments such as the Ontario Arts Council (OAC) and the Ontario Trillium Foundation for example. Individual artists and arts professionals, however, can seek more direct training and guidance from groups like CARFAC Ontario, Crafts Ontario, ArtsBuild and WorkInCulture to name a few.

Ontario's culture sector contributed 252,300 jobs and \$19.7B to our GDP in 2007, according to the OAC. As our arts and culture communities grow, professionals will find a place to employ their passion, create new jobs and contribute to our social and fiscal bottom line.

BRAD DICKS

editorial@mediaplanet.com

What employers really want from creative graduates

I'm often asked by creative professionals graduating university or college—everyone from user-experience designers and web developers, to social media specialists and copywriters—what employers really want from them when they enter the workforce.

As founder and CEO of Creative Niche—a Toronto-based executive search, recruitment and staffing firm focused on the creative industry—I've seen a major evolution in employer must-haves.

It used to be that agencies or the creative departments of multinational corporations were interested in creative professionals who were just that: individuals with specialized creative skills who could deliver work on-time and on-budget. While that's still the case, their high-level needs have changed.

"I'm not simply referring to staying on top of updates to the Adobe Creative Suite."

Now, employers want multi-disciplined thinkers committed to learning and keeping on top of business trends and emerging technology. You could argue that finding creative professionals with those attributes was always on their recruitment checklist, but the difference now is those characteristics have jumped to the top of the list. When we get recruitment requests from an employer, they want to know the people they're hiring will bring the kind of fresh ideas that can drive a business forward.

There are a couple of key reasons for that shift in priorities. First, fast-changing technology

is such an integral part of the workplace for any creative professional, that the ability to stay a step ahead has become critical to an organization's success. I'm not simply referring to staying on top of updates to the Adobe Creative Suite. I'm thinking of fundamental shifts in the creative landscape, such as the introduction of entirely new methods of analyzing and visually interpreting data—the penetration of big data is just one recent example.

Second, the creative industry has gone global. While an ad agency in Toronto would have once tapped the expertise of creative directors only in the GTA, for example, it can now source talent anywhere in the world. That's upped the ante for firms competing to produce the best work, forcing them to become globalized in their approach—all while increasing competition among creative leaders in their own backyards.

Of course, there's one other attribute employers want to see: the ability to think and act like CEOs. That means understanding the business goals of their organization and producing creative work that delivers strong bottom-line results.

In an era when marketing budgets continue to tighten, a little understanding of the bottom-line can go a long way in turning a good creative professional into an invaluable one in the eyes of an employer.

MANDY GILBERT,

CEO, CREATIVE NICHE

editorial@mediaplanet.com



INSIGHT



1 Why did you decide to pursue this career, and what were your first steps in making it happen?

2 What advice would you give to those who want to break into your industry?

3 Where do you see yourself and your industry in the future?



Erin Davis
Host,
98.1 CHFI
Morning Show

I tripped into radio: the two speakers I had signed up to hear on a high school "Careers Day" were booked, so I ended up hearing Brian Olney from Loyalist College (Belleville) talk about radio. I felt like I'd been hit by lightning - my love of reading aloud, performing and music all came together in one amazing opportunity.

Be ready to work long hours for low pay, give your life to this career you've chosen and never, ever give up on your vision of what you want to accomplish. It's a difficult industry in which to succeed - never mind excel - but with talent, drive and perseverance, you can do it.

Canadian radio has done what our neighbours to the south have failed to do: remembered that local matters, and the one-to-one connection of a personality with their community (especially during emergencies like horrible weather or ice storms and power outages). Unlike the USA we haven't killed the industry and smaller town radio. I'm so proud of Rogers radio for that. As for me - I'll keep going as long as our ratings are soaring. As designer Bill Blass said, "Know when to leave the party", and I hope to do that. But not for a bit - this is way too much fun!



David Mohacsi
Producer,
Engineer and
Pro Tools Specialist

I have loved music from a very young age. Money was always tight and we could never afford to book a studio. I was good with computers so I ended up getting some cheap recording software and teaching myself how to do it. Eventually someone heard something I had produced and thought I'd be good at live sound. I started with open mic nights every other Thursday. Within six months I had taken over managing sound for the club. Upon graduation about six years ago, Metalworks connected me with record producer Gavin Brown, who has been nominated for and won countless Junos and Grammys.

Everyone is always talking about how there are no jobs in the music business. The truth is that there will always be room for hardworking, talented people. I got where I am today through nothing other than hard work. When I was in school, I worked hard so that everyone would know I was the best. Because of this I was recommended for an excellent position upon graduation and was given the chance to work with some of the industry's most successful people. I worked hard to impress these people and they decided to keep me around.

In the past couple years I have had the pleasure of working with some great artists like Barenaked Ladies, Metric, The Tragically Hip, and Headstones (whose record, Love and Fury, that I engineered, is nominated for a Juno... shameless plug). Going forward I hope to get to work with more and more great artists, as well as discovering new artists and helping them develop their careers.

From school to touring with a music star

Sit down with OVO audio engineer, Noel Cadastre

Noel Cadastre is an audio engineer, best known for his work with recording artists Drake and Noah Shebib. Here, he talks about how he made his dream come true.

Mediaplanet What is it like working alongside one of the biggest stars in music?

Noel Cadastre Working with Drake and Noah Shebib has been and continues to be a dream come true. Drake is an extremely talented artist and entertainer with

incredible work ethic. His rise to fame has been great to watch and participate in.

MP How did reach your current level of success and this stage of your career?

NC I prepared myself the best way I could for the opportunity I wanted. I went to Metalworks Institute and got educated in audio engineering and music production. I worked as much and as hard as I could to develop my skills. Eventually, I was presented with the opportunity to work with Noah Shebib and Drake through a network of people that I had met at Metalworks

Institute. From there my education and hard work did the rest.

MP What has been the biggest highlight of your career?

NC To be completely honest, there have been so many incredible moments in my career that I would not be able to choose just one. But I think the Grammy win for *Take Care* would be up there. My most favourite moments are the days we spend making the music that's what I love the most.



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DVD review



Inside Llewyn Davis

Directors. Joel Coen, Ethan Coen

Stars. Oscar Isaac, Carey Mulligan, John Goodman

The Coen Bros.' uncanny evocation of the 1961 New York City folk music scene, starring Oscar Isaac as a striving troubadour, makes for a wistful, wryly humorous and unforgettable film. The whims of fate and vagaries of artistic success have never been so clearly defined, or so musically.

Isaac is the title folkie, loosely based on the late Dave Van Ronk, who doesn't know a hurricane named Bob Dylan is about to shake up not only his narcissistic existence but also the entire music scene.

Actor/singer Isaac gets fine support from Carey Mulligan as a woman wronged, John Goodman and F. Murray Abraham as splashes of cold water to half-flidded eyes, and a persistent tabby that is one cool cat.

It was my pick for the best film of 2013. And there's a great soundtrack, produced by T Bone Burnett. Extras include a making-of featurette and the feature-length concert film *Another Day, Another Time: Celebrating the Music of Inside Llewyn Davis*. **PETER HOWELL**

YA has got it Half Bad and that's good for new author

Working its magic.
Debut novel that bucks futuristic dystopian trend casts potent spell

EMILY
LAURENCE
Metro World News

Before its release last week, Sally Green's book *Half Bad* had already been sold in 45 countries, turned into a trilogy and optioned for a movie being produced by Karen Rosenfelt, who was responsible for *Twilight*, *The Book Thief* and *Percy Jackson: Sea of Monsters*. Oh, and it's her first book.

If you're already completely over *The Hunger Games* and need something to hold you over until *Divergent* hits theatres, this is it.

Half Bad is about a 16-year-old boy named Nathan who lives in a cage and is being trained to kill. Living among humans are witches — some purely good and some horrendously evil — with Nathan's father being the worst of the worst. To survive, Nathan needs to escape his keepers, find his father and receive three gifts that will bring him his own magical powers.

Bucking the trend of YA novels set in a futuristic dystopian time, *Half Bad* is



set in modern-day England. "The book is (dystopian) in a way, but to be honest I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16," Green tells us. "It wasn't in my mind about what the market needed or didn't need."

Interestingly, when Green began writing she had a very different novel in mind: "Initially, it was a completely different story about a girl who didn't know she was a witch." She did, however, always plan on writing a trilogy. "My original idea was for the White Witches to be assumed good and Black Witches assumed to be bad."

"Originally, I had Nathan living in a White Witch world



Debut YA author Sally Green. CONTRIBUTED

in book one and you would think the White Witches were going to be good. When you move to book two, the Black Witch world, you see the witches in an entirely new way. And then the third book would tie it all together. But actually, it didn't work out like that," Green reveals.

As far as the movie goes, Green guesses the cast will be mostly unknown actors, although she has two dream people in mind: "To play Marcus, I would love George Clooney, but it would be the mean George Clooney, like in *From Dusk Till Dawn*. And Gabriel, the Black Witch that appears in the end of

the book, is definitely Aidan Turner, who was in the latest *Hobbit* movies. He's gorgeous," she says.

Green is at work on the second book, which she says is much more daunting than writing the first. "I didn't even know the first one was going to be published. I was writing it mainly for myself," she says. "Now I have a deadline and an audience that I have to keep happy. The blank page in the beginning (for the second book) was a bit nerve-racking. I was in a bit of a panic to get the first words down," she says. "After the first 10,000 words, then I relaxed into it."

Set in modern-day England

"I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16."

Sally Green, author of *Half Bad*

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New Order of the day: Laughing on other side of Your Silent Face



New Order front man Bernard Sumner STEPHEN LOVEKIN/GETTY IMAGES

Strike up the band.

Singer Bernard Sumner excited to be working on new New Order material

PAT HEALY
Metro World News

New Order singer Bernard Sumner speaks like he doesn't think people know his band very well. Sumner is participating in the 24th Annual Tibet House Benefit at Carnegie Hall on Tuesday night, a concert where-in organizer Philip Glass pairs prominent musicians together to collaborate.

"The whole focus is collaboration, so we are going to do a version of a New Order song called Your Silent Face," he says, as if the song he mentions isn't a bona fide synth pop classic. "A string arranger over here in the U.K. called Joe Duddell has done an arrangement with it and a poet called Mike Garry has written a poem about our ex label boss, Tony Wilson, who was the boss of Factory Records, who passed away, unfortunately."

Does Sumner not understand that 24 Hour Party People, the docudrama about Factory Records and all of its charges, is required viewing for any self-respecting music journalist? Instead of interrupting to remind him of this, we let him continue to

Album or series of EPs in the works

"We've written about 14 ideas, seven of those ideas I've got vocals on now, so we're quite a way on our way. The debate within the band is whether to release it as a series of EPs or an album."

New Order singer Bernard Sumner

discuss the other plans New Order have for collaboration.

"Philip is going to play on it," he says of Glass, "and Scorchio String Quartet are going to play on it, and we're going to do a collaboration with Iggy as well."

The last kernel of information he seems especially excited about. He doesn't feel compelled to even share that the Iggy in question is Iggy Pop, he of the eternally shirtless persuasion; he of The Stooges and the onstage self-mutilation. He whom Sumner met once in the 1980s when New Order were arguably a bigger concert draw than Iggy Pop. But even when he met Iggy, more than 25 years ago, he didn't assume the elder statesman of punk would know him or his band.

"I've been a massive fan of Iggy's from the early days of Joy Division," he gushes. "I shook his hand once! A friend was a roadie for him. I was a bit inebriated at the time. I was so pleased to meet him that I got really drunk, I got drunk as his show went on. I didn't even

say it was me, I just said hello like a fan. Then I went back to my hotel, which was in Los Angeles, and the hotel had left a box of chocolates on my pillow — a whole box — and I remember I was drinking tequila that night, and it seemed like a good idea to eat the full box of chocolates on a gut full of tequila. I was rather ill the next day."

Speaking of ill, New Order founding bassist Peter Hook has recently been in the news for speaking ill of Sumner, telling a U.K. website that he believes his former bandmate couldn't stand playing small clubs, so he revived New Order and played greatest hits to make a quick buck.

Sumner proudly beams that the band has actually been working on new material.

"We've written about 14 ideas, seven of those ideas I've got vocals on now, so we're quite a way on our way," he says. "The debate within the band is whether to release it as a series of EPs or an album."

Joyless division

When asked the band's official stance on Peter Hook, Sumner sighs. The latest round of critical words from Hook are not the first that the bassist has shared with the press.

- "At the end of the day, he left the band. It's as simple as that," says Sumner. "He obviously wanted to do his own thing, which at the time was as a celebrity DJ and then he formed the band Freebass. So of course we've got to respect that, and we wish him all the best, really."



Founding bassist Peter Hook CHRIS JACKSON FOR VINTAGE AT GOODWOOD/GETTY IMAGES

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Loose-lipped Harmon lays it all on the line

Harmontown.

Community creator felt some serious dread unveiling his candid new doc at South by Southwest



NED
EHRBAR
Metro World News in Austin

After Community creator Dan Harmon was forced off his sitcom, he hit the road, taking his podcast on a 20-city tour with documentary filmmaker Neil Berkeley in tow. Now that trip is the warts-and-all documentary Harmontown, which premiered at SXSW this weekend. Harmon, who is now back running Community, sat down with Metro for an appropriately candid chat.

So you saw the film with an audience last night. Now that it's the morning after, what's your take on that experience?

I'm absolutely relieved. I



Spencer Crittenden, Jeff Bryan Davis, Dan Harmon and Erin McGathy in Harmontown. CONTRIBUTED

don't do a lot of things in my life where there's delayed gratification or delayed effect, and this is one of the very few things in 41 years that I've spent a year or more anticipating — sometimes with a lot of dread, some-

times just with impatience, but all the time just living in a world where I'm out of control of something. It's a relief to move from a world where nobody has seen this movie to a world where people have seen it, because now

that's over. I think it's a very interesting movie because I'm a narcissist. Even if other people don't like it or do like it, the great thing is that it's not looming any more and I don't have to worry about that part.

Community

"The way that my brain is shaped, it's best for there to be a valve on it that runs to my mouth."

Dan Harmon

As the tour was happening I was curious, did you ever get any pressure to be less candid? Like, "Maybe don't tell everyone about all of that."

There's always those voices. Usually they are people that are paid to help me. Believe it or not, I have a publicist — imagine how insane that job is. I've always been very regretful about the fact that the people who rely on me and care about me can actually be let down or victimized or frightened by my motormouth, but at the same time, there's a worse version of me, and that's a version of me that bothers to be strategic, and political and diplomatic.

In the best case scenario, that's a useless version of me. In the worst case scenario that's a more effective version of me who gets terrible things done. The way that my brain is shaped, it's best for there to be a valve on it that runs to my mouth, because it keeps me humble in the long run and there's people who like it. I think that the people whose job it is to call me and say "Hey, can you cool it," they've learned by now that the answer is no, I can't.

Now that you've debuted Harmontown at SXSW, what is the plan for the film?

I'm not even sure. I mean, I know that if nothing else, there's a fan base that would love to just be able to download it and just watch it. So if we can just make it available to them for a small fee it will very quickly recoup the investment I represented. As long as it pays for itself, I won't be embarrassed about it. It'll be something we did that was worthwhile

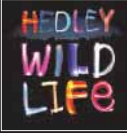
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Rodriguez aiming to be TV king

El Rey. Multi-talented filmmaker aims to give it to the viewer straight with his new television network

In the past year, Netflix, with its online, all-at-once D.C. thriller *House of Cards*, has jolted the medium we used to know as "television."

Now TV could be rocked by another game changer. Say hello to Robert Rodriguez, who, down in the Lone Star State at his aptly named Troublemaker Studios, is ready to rewrite some more rules. It's not just that Rodriguez, a prolific, much-admired filmmaker, has recently launched a TV network. Cable networks with a big name attached (remember Oprah Winfrey's?) don't inevitably rock the world.

But El Rey, Rodriguez's gift to the 500-channel universe, could prove radically different. And disruptive. Here's a channel spawned by a demonstrated, multifaceted auteur; a

Quoted

"I've had people tell me, 'You just bypassed the whole system! It's an insurrection.' But it makes sense."

Robert Rodriguez, filmmaker, producer, writer, musician and creator of El Rey

boutique network that could leverage its founder's rambunctiously personal vision into a mainstream outlet carrying a chorus of other independent voices.

The revolution, if that's how it turns out, could be sparked by El Rey's first scripted original, *From Dusk Till Dawn: The Series*, which premieres Tuesday night. (El Rey is now available in 40 million TV homes.)

This supernatural crime series is a reimagining of his 1996 cult classic of the same name written by Robert Kurtzman and Quentin Tarantino with a cast including George Clooney and Salma Hayek. The series (Rodriguez is directing several of the 10 episodes) centres



D.J. Cotrona as Seth Gecko in a scene from *From Dusk Till Dawn: The Series*, premiering Tuesday on the El Rey Network. EL REY NETWORK

on the brutish bank-robbing Gecko brothers (played by D.J. Cotrona and Zane Holtz), who are sought by a pair of Texas Rangers (Don Johnson and Jesse Garcia) after a bank heist leaves several people dead. The brothers flee to Mexico and take refuge in a stripper bar. But the bar turns out to be the lair of

vampires.

Judging from the premiere, made available for preview, this could be a fascinating ride. But it's just the beginning, Rodriguez said. El Rey is billed as a channel for young men "and what we call 'kick-ass females,'" he said during a chat far removed from his Austin, Tex.,

headquarters as snowflakes fell outside a mid-Manhattan restaurant. El Rey has also been described as an English-language network catering to Latino viewers and a general audience that might not even realize it has a Spanish name.

But what Rodriguez seems to really have in mind is much more basic: a network that programs stuff he gets off on (whether masterminded by him or by others), aimed at any viewer who shares his cool wavelength — or might be ready to take the plunge into this culture.

"I don't really want the network to be niche," he declared. "With us doing a show like *Dusk Till Dawn*, people say, 'Is that the kind of shows you'll be doing?' But our next (original) series will be a little broader."

That series is *Matador*, created by Roberto Orci and Alex Kurtzman (*Sleepy Hollow*, *Fringe*). It focuses on a globe-trotting soccer champ and playboy who, unbeknownst to his adoring public, is also a top-secret CIA operative. It's set for a July debut.

THE ASSOCIATED PRESS

About Rodriguez

• **How he got started.** Rodriguez may be a TV newcomer, but this 45-year-old Texan, the son of Mexican-American parents, has always worked outside the system, beginning two decades ago with the film *El Mariachi*. It was made for \$7,000 US and became a Sundance Film Festival winner.

• **Versatility.** With his newest undertaking as El Rey Network chairman, Rodriguez, looking very un-chairmanlike in jeans and leather jacket, has stuck to his practice of wearing many hats. As the need arises, he's a producer, director, screenwriter, cinematographer, editor and musician. He even shoots the photos for his films' poster art.

• **Achievements.** As a mega-multi-hyphenate, Rodriguez created the *Spy Kids* franchise, *Sin City*, *The Adventures of Sharkboy and Lavagirl in 3-D*, *Grindhouse* and *Machete*, among his many films.

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Enter the lives of Brady and his Five Wives

Full house. Newest Utah polygamous family featured on reality TV says that going public has been a relief

Brady Williams and his five wives were a bit apprehensive ahead of the airing of a pilot episode in September, but they said this week an interview with The Associated Press that it was a relief to be open about who they are and what they believe.

"It really is like coming out of the closet," said Brady Williams, 43. "It's very liberating."

His wives feel the same way, including his second, Robyn Williams, 40, who said: "I feel more free to just be who I am and not be so afraid."

Their nine-episode reality show, *My Five Wives*, is airing Sundays on TLC. It chronicles the life of Brady Williams, his five wives and their 24 children who live in a small rural community outside of Salt Lake City dominated by a branch of the fundamentalist Mormon



Brady Williams and his wives, from left, Paulie, Robyn, Rosemary, Nonie and Rhonda in Salt Lake City. THE ASSOCIATED PRESS

church.

The family once belonged to the group, known as the Apostolic United Brethren, but withdrew during the mid-2000s after re-evaluating their core beliefs. Now, they practice polygamy not because they think they must to get to heaven, and avoid hell, but because they

prefer the lifestyle.

Their show begins airing in a social and political climate that has softened significantly toward plural families in recent years. A federal judge in Utah struck down key parts of the state's polygamy laws in December, marking a victory for the Williams and hundreds of

other polygamous families in the state. The ruling decriminalizes polygamy, making only bigamy — holding marriage licenses with multiple partners — illegal.

The family that brought that lawsuit against the state of Utah, Kody Brown and his four wives from TLC's *Sister Wives*,

Quoted

"It really is like coming out of the closet. It's very liberating."

Brady Williams, polygamist and star of *My Five Wives*

is credited with helping create greater acceptance for plural families. Their show, which debuted in 2010 with footage of the family at their house in northern Utah, was groundbreaking in demonstrating to viewers across the country that not all polygamists are child predators like Warren Jeffs, the imprisoned leader of a polygamous sect on the Utah-Arizona border.

The Williams family members said they don't expect viewers to be surprised by much, other than maybe how similar they are to non-polygamous families. It's normal times five, the family jokes. Viewers will see tears, joy and quarrels, they said. TLC is banking on viewers being fascinated by the unique dynamics of a plural family: regular family sit-down meetings among the adults where Brady Williams follows an agenda written on a notepad;

side-by-side multiplexes where they live; and nightly family dinners where the children line up like kids in a school cafeteria to get their food.

Then there's the always-intriguing dynamic among the wives who share a husband. In the first episode, Brady Williams suggests the women work out their issues directly with one another rather than always coming to him, only to see it lead to hurt feelings and shouting.

Among the topics discussed by the family during the season is a possible move out of Utah, maybe even to Washington state. The Browns of *Sister Wives* fled Utah for Las Vegas after their show aired under the threat of prosecution from a county official. The Williams aren't terribly worried about that happening to them, as long as the recent court ruling stands. **THE ASSOCIATED PRESS**

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Johnny Weir and Tara Lipinski. ALL PHOTOS: GETTY IMAGES

Is the Golf Channel ready for Johnny and Tara?

With their sassy, on-point figure skating commentary, drool-worthy couture and adorable Instagram posts (they love to spoon!), Johnny Weir and Tara Lipinski took the Olympics by storm — again.

"I think we were both happily surprised (by the attention)," Lipinski told Metro at a kickoff for the Paralympic Winter Games in New York City. "We were the rookies and we had to prove ourselves, so it was really nice to come home and see the reception that we got."

The pros were "in a bubble" during their time in Sochi, Weir says, so they didn't really know about the positive reaction to their work until they returned home. "We didn't think

anyone was watching, and there's a brilliance to being a bit naive to what's going on," he says. "It's very liberating."

And figure skating's most fabulous duo have no plans to slow down now. The two did Oscars coverage for NBC and hope to be commentators at the Winter Olympics four years from now ("We'll have to see," Lipinski says). They're also ready and willing to offer their insight on other matters.

"We have an opinion about everything," Weir says. "Despite being figure skaters and knowing what we're talking about specifically, we've got opinions on a lot. So show us VMAs. Show us Golf Channel. Show us the Kentucky Derby (or) Toddlers and Tiaras."

Efron looks forward to a High School reunion

Zac Efron isn't about to shy away from his High School Musical roots.

In fact, while his career has clearly grown past the Disney franchise that launched him, Efron reveals that he and his fellow castmates are up for a reunion.

"We're all thinking about it," he tells E! News.

"I continue to see all the guys from High School. Every time we do, there's just this look between us. It's so cool because we never forget a



Zac Efron

single moment of that experience. It brings you right back to those days."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jennifer Aniston

Why Jennifer won't up the world's selfie quotient

Photos of Jennifer Aniston are pretty common, but one thing is for sure: They'll always be shot by someone else, as the former Friends star is definitely not a fan of selfies. "I don't understand them," she tells Self magazine, a magazine title which predates popular culture's embracing of the term "selfie," and a magazine decidedly not dedicated to that form of expression.

"I feel like there's enough out there. Why add to it?" And while she's perfectly comfortable in her own skin, she does have some ideas just in case she's ever allowed to trade bodies with someone else. "I'd love to be able to ski like a crazy person, like Lindsey Vonn," she tells the magazine. "Then I'd also like to have Gisele Bündchen's body, just because, why not?"

Twitter



@ElizabethHurley

Full of the joys of Spring. Chickens, parrot, dogs and alpacas fed. Lap top open and espresso on the way.



@ActuallyNPH

Took the kids to their first Broadway show today: the Lion King. Mine was 25 years ago: Les Misérables. It's the circle of life...



@lenadunham

I just made and deleted a not so great molestation joke. Sorry guys. I am really sleepy.

Moss reveals her marriage to Portlandia star Fred Armisen was 'traumatic'

PAT HEALY

Metro World News in Boston

Mad Men star Elisabeth Moss, 31, really, really, really (and we mean "really") wasn't a fan of her eight-month marriage to Portlandia star Fred Armisen, 47.

"Looking back, I feel like I was really young, and at the time I didn't think that

I was that young," Moss said of her relationship with Armisen in her new cover story with New York Magazine. The two divorced each other in 2010. "It was extremely traumatic and awful and horrible," she noted.

Add that to the time she said this about Armisen last year — "One of the greatest things I heard someone say about him is, 'He's so great at doing impersonations. But the greatest impersonation he does is that of a normal person'" — and, well, we don't have to ask her what she really thinks about the whole affair. At least we hope the wedding presents were cool?

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MIND THE APP
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Avoiding caffeine in the evening can lead to a better sleep at night.

This informative tracker covers all caffeine-related foods to help you work out an ideal cut-off time.



Half-off

Elisha has been feeling a little bored with her exercise program, but is that going to keep her from moving more? Visit metronews.ca/voices/half-off to find out.



The secret life of cheap and nutritious meals

The biggest backlash Christy Brissette, registered dietitian with Dietitians of Canada, hears is that it is too expensive to eat healthy. She set off on a treasure hunt through the grocery store to prove that a family of four can eat three full, healthy meals for under \$40. For more ideas, visit cookspiration.com

THERESA ALBERT myfriendinfood.com

Breakfast: Oats

• Oats are high in soluble fibre, which helps to lower bad cholesterol, keeping your blood sugar more stable.

• Best Breakfast: Power Oats. Cook 1/2 cup oats with 1 cup of milk or alternative, add grated apple, 2 tablespoons of peanut butter and 2 tablespoons of raisins.



Lunch: Frozen cauliflower

• This year's hottest vegetable, cauliflower, may help reduce cancer risk,

• Cleaned, chopped and flash frozen, it is as simple as it is nourishing.

• Quick lunch tip: Greek Pasta Salad with Chicken and Cauliflower. Boil whole wheat pasta and add a handful of cauliflower for the final 2 minutes. Then drain and stir in shredded, roasted rotisserie chicken breast.



Dinner: Dry bean mix

• Beans are high in fibre and a good source of vegetarian protein. They contain magnesium, which can help lower blood pressure.

• Dashing Dinner: Slow cooker chili. Sauté onion in slow cooker on high. Add pre-cooked dried beans, canned tomatoes, frozen corn, green pepper, mushrooms and chili powder; cook on low for 8 hours. Hollow out rolls and use as bread bowls. Grate cheese and sprinkle.



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• Apples (37 cents/serving) = \$1.47
• Milk or milk alternative (50 cents/serving) = \$2
• Peanut butter (20 cents/serving) = 80 cents
• Raisins (13 cents/serving) = 52 cents

Lunch: Greek Pasta Salad \$21.23 (with chicken)
• Whole wheat or brown rice rotini (30 cents/serving) = \$1.20
• Chicken breast (\$2.80/serving) = \$11.20
• Grape tomatoes (61 cents/serving) = \$2.47
• Frozen cauliflower (22 cents/serving) = 88 cents
• Feta cheese (\$1.37/serving) = \$5.48

Dinner: Bean Chili \$15.76
• Dry mixed beans (19 cents/serving) = 76 cents
• Canned tomatoes (32 cents/serving) = \$1.28
• Frozen corn (22 cents/serving) = 88 cents
• Onion (15 cents/serving) = 60 cents
• Green bell pepper (80 cents/serving) = \$3.20
• Mushrooms (50 cents/serving) = \$2
• Whole grain roll (57 cents/serving) = \$2.28
• Cheddar cheese (74 cents/serving) = \$2.96

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The future of butting out is now



Experts are calling for a cigarette-free America. ISTOCK

Health officials have begun to predict the end of cigarette smoking in America.

They have long wished for a cigarette-free America, but shied away from calling for smoking rates to fall to zero or near zero by any particular year. The power of tobacco companies and popularity of their products made such a goal seem like a pipe dream.

But a confluence of changes has recently prompted public health leaders to start throwing around phrases like "endgame" and "tobacco-free generation." Now, they talk about the slowly-declining adult smoking rate dropping to 10 per cent in the next decade and to 5 per cent or lower by 2050.

Acting U.S. surgeon general Boris Lushniak recently released a 980-page report on smoking that pushed for stepped up tobacco-control measures. "I can't accept that we're just allowing these numbers to trickle down," he said, in a recent interview with the AP. "We believe we have the public health tools to get us to the zero level."

Changes

Among the things that have changed:

- **Court.** Tobacco companies, once considered impervious to legal attack, have suffered some huge defeats in court. Perhaps the biggest was the 1998 settlement of a case brought by more than 40 states demanding compensation for the costs of treating smoking-related

illnesses. Big Tobacco agree agreed to pay about \$200 billion and curtail marketing of cigarettes to youths.

- **Bans.** Laws banning smoking in restaurants, bars and workplaces have popped up all over the country. Airline flights have long been off-limits for smoking.

This is not the first time a federal health official has spoken so boldly. In 1984, Surgeon General C. Everett Koop called for a "smoke-free society" by the year 2000. However, Koop didn't offer specifics on how to achieve such a goal.

"What's different today is that we have policies and programs that have been proven to drive down tobacco use," said Matthew Myers, president of the Campaign for Tobacco Free Kids. "We couldn't say that in 1984."

These developments have made many in public health dream bigger. It's caused Myers' organization and others to tout the goal of bringing the adult smoking rate down to 10 per cent by 2024, from the current 18 per cent. That would mean dropping it at twice the speed it declined over the last 10 years.

The bigger goal is to reduce U.S. smoking-related deaths to fewer than 10,000, from the current level of 480,000. But even if smoking rates dropped to zero immediately, it would

take decades to see that benefit, since smoking-triggered cancers can take time to develop.

But while some experts and advocates are swinging for the fences, others are more pessimistic. They say the key to reaching such goals is not simply more taxes and more local smoking bans, but action by the U.S. Food and Drug Administration to regulate smoking.

A 2009 federal law gave the FDA the authority to regulate tobacco products. The law barred FDA from outright blocking the sale of cigarettes, but the agency was free to take such pivotal steps as prohibiting the use of appealing menthol flavouring in cigarettes and requiring cigarette makers to ratchet down the amount of addictive nicotine in each smoke.

But nearly five years after gaining power over cigarettes, FDA has yet to even propose such regulations. Agency officials say they're working on it.

Many believe FDA's delay is driven by defence preparations for an anticipated battery of legal and political challenges.

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BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine



Probiotics — they truly can help you be happy, healthy and slim. In the March-April issue of Best Health magazine, Melissa Greer writes about some of the incredible benefits of probiotics, "the friendly bacteria."

They are widely known to maintain a healthy digestive system. They also boost immunity and many health-care practitioners recommend you have them daily.

Now, researchers think some probiotics can also improve mental health—and they have even come up with a new term for them: Psychobiotics.

That's because they could produce a health benefit in patients suffering from psychiatric illness, specifically depression or other stress-related disorders.

According to Alan C. Logan, a Connecticut-based naturopathic doctor and co-author of *Your Brain on Nature*, probiotics help to balance gut microbiota — the bacteria inside our stomach.



Probiotics are known to improve digestive and mental health, evidence suggests. ISTOCK

"These bacteria do a lot but, most importantly, they protect the gut lining," he says.

An imbalance of gut microbiota (due to psychological stress or a high-fat, high-sugar diet, for example) can lead to intestinal permeability.

Why is that a bad thing? Because it means parts of the bacteria could pass

through the gut lining and into your bloodstream, leading to low-grade inflammation. And that has been connected with obesity, disease — and mental health problems.

The beneficial probiotic strains, and those that are typically found in foods, are members of the lactobacillus and bifidobacterium families, says Logan.

A 2011 study monitored adults who were given either a probiotic product that included lactobacillus and bifidobacteria, or a placebo, every day at breakfast for 30 days. Those who consumed probiotics were found to have lowered stress and anxiety.

It may be unrealistic to expect that probiotics will replace medications in the treatment of depression. But the message for now is that probiotics not only help you avoid obesity and disease-in Logan's opinion, "although more research is needed, probiotics taken in conjunction with a healthy diet and exercise may benefit mental health."

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THE HEART OF THE MATTER

YOUR CHOLESTEROL: BY THE NUMBERS

What's your cholesterol IQ?

You should know your cholesterol level if you're a man older than 40, a post-menopausal woman, you are overweight, smoke, have diabetes, or if heart disease runs in your family.

Cholesterol, a type of fat made in the liver, is also present in some of the foods you eat. Your body uses cholesterol to build cells, aid in digestion, and produce hormones. But too much of the bad cholesterol LDL (low density lipoprotein) can build up in artery walls over time, forming a plaque. This plaque buildup can block the flow of oxygen-rich blood to your heart and brain, raising risks for a heart attack or stroke.

Canadian doctors like to get LDL cholesterol levels down to 2 millimoles per litre (mmol/L), but a worrisome number of Canadians don't meet that target. In fact, according to Statistics Canada, about 40 per cent of Canadians aged 40 to 59 have

high LDL levels.

Middle-aged men should be regularly screened as should older women. According to Canadian practice guidelines, anyone with an LDL of 5 mmol/L or greater, as well as those who have already had a heart attack or stroke, or diabetics 40 years old and older, are typically prescribed a cholesterol lowering drug called a statin.

If you aren't in one of these high-risk categories, and your levels aren't checked, you may not even know you have high cholesterol because there are few symptoms.

The good news is that along with elevated blood pressure, cholesterol is a modifiable risk factor for heart disease, so you can take steps to control your levels. A common strategy is to follow a low-fat diet; you might also consider adding a daily dose of Metamucil — in powder or capsule form — which has been proven to lower mildly to moderately elevated



MINERVA STUDIO/SHUTTERSTOCK

cholesterol levels when accompanied by a low-fat diet.

Other tips include avoiding foods high in saturated and trans fats, choosing foods

such as nuts, seeds and beans containing plant sterols that help control blood cholesterol, taking up physical activities, and being smoke-free.

HOW TO TAME YOUR TUMMY TROUBLE

Do you have a gassy gut? A tender tummy? Or a bloated belly?

If so, you aren't alone. About 80 per cent of the population sometimes gets bloated, suffers from excess gas or wind, or has altered bowel habits, according to Dr. Richard Hunt, professor, emeritus, McMaster University, Hamilton, and founder and vice-president, Canadian Digestive Health Foundation.

The symptoms could be a sign of a potentially serious disorder such as irritable bowel syndrome (IBS), but, more likely, it's your gut telling you to change your diet.

Here are some



easy-to-follow tips to ease the discomfort.

- Drink lots of water, while cutting down on alcoholic, caffeinated and sugar-rich beverages.
- Watch your fat intake. Stick to fish or low-fat meats like chicken or turkey or lean cuts of beef. Avoid fried foods and those containing trans fats
- Boost your fibre intake. You can get plenty from the No. 1 doctor recommended fibre brand Metamucil (Source: Health Care Analytics, 2012); it promotes digestive health by relieving irregularity.
- Choose the right carbs.

Choose easily digestible carbohydrates such as potatoes, rice and bananas, and limit more difficult-to-digest carbs like beans, broccoli and cabbage.

- Experiment with probiotics. In the natural

health product Align, probiotics provide live bacteria that form part of the natural healthy intestinal flora. This can help to relieve symptoms of IBS such as abdominal discomfort, gas and bloating. Align has 10 years of research behind it and is the No. 1 gastroenterologist recommended probiotic in the U.S., among gastroenterologists who recommended a brand of probiotic in a Symphony Health Solutions 2013 survey.

- Eat smaller, more frequent meals. Also avoid large meals, especially right before bed
- Limit sodium, sugar and artificial sweeteners. Your tummy — and your heart — will thank you.

There are other lifestyle habits you could adopt, including being active, achieving a healthy body weight, being smoke-free, and controlling stressors in your life.

These products may not be right for you. Always read and follow the label.

DOUBLE WHAMMY

For a healthy heart and a stable stomach, try these top four strategies.

- Eat well. Aim for a low-fat diet with lots of easily digestible fruits and vegetables plus whole grains.
- Consume more fibre. Fibre, especially the soluble type, can help lower cholesterol levels. Adults older than 18 years old should aim to get at least 21-38 grams of total dietary fibre every day. For a quick fibre boost, dissolve a dose of your favourite flavour of Metamucil into your morning juice or smoothie.
- Get active. For adults 18-64 years old, experts recommend at least 150 minutes of moderate to vigorous aerobic exercise every week, in bouts of 10 minutes or more.
- Stop smoking. Smoking increases LDL blood cholesterol and the habit is unhealthy to just about every other part of the body.

Study

Happy thoughts
lead to better
food choices

Call it the happy meal diet.

A study conducted by Cornell University has found that a person's mood affects what kind and how much food a person consumes. The study was the subject of a paper called *Better Moods for Better Eating?: How Mood Influences Food Choice*, which was published in the *Journal of Consumer Psychology*.

"People use food to either maintain a good mood or regain a good mood," said Brian Wansink, a professor at Cornell and co-author of the paper in a release. If you're already in a good mood, you tend to eat more healthfully than if you're in a bad mood."

"Understanding why we make bad food choices in bad moods can help us make better choices," said Meryl P. Gardner, co-author and associate professor at the University of Delaware.

The authors suggest that people in a bad mood may have clouded vision, and may not realize what damage they are doing in the long haul when they overindulge on a given day.

"The takeaway of this study is you can change your mood and eat better. Before a snack or meal, think of something that makes you happy or grateful, and you'll eat less and better" said Wansink. **ROBERT**

CRISCOLA, METRO WORLD NEWS IN NEW YORK CITY

'Pull your sweet tooth' and lose weight with chocolate

MAX PRINZ

Metro World News in New York City

Dr. Will Clower's new book, *Eat Chocolate, Lose Weight*, claims you can reduce food cravings and learn better eating habits by incorporating a surprisingly healthy food: chocolate.

"Chocolate does a lot of good things for you," Clower says. "I have people eat the chocolate in association with meals. What I've seen is that, when it's applied this way, the overconsumption at the plate is reduced by about half."

The method uses chocolate as a teaching tool to help stop overconsumption. Eating chocolate the right way, as Clower describes, can lead to big diet changes. "The point is when you eat your chocolate to take your time, to let it sit on your tongue, to — and this sounds crazy — actually taste your food," Clower says. "It turns out that when you do that you get something called sensory specific satiety."

That result is a key part of ending overeating at meals. In addition, the chocolate aids in reducing cravings for foods high in sugar using a process Clower calls "pulling your sweet tooth." How is this done? It starts with something Clower calls the Horizontal Taste Test, which



A new book uses chocolate as a teaching tool to help stop overconsumption. ISTOCK

helps in adapting one's taste buds to darker chocolates, which have less sugar and more healthy antioxidants. The more cocoa in your chocolate, the better it is for you.

"Americans eat 140 pounds of sugar per person per year," Clower says. "That issue is a massive driver of health problems. So it becomes very important when you're eating your chocolate

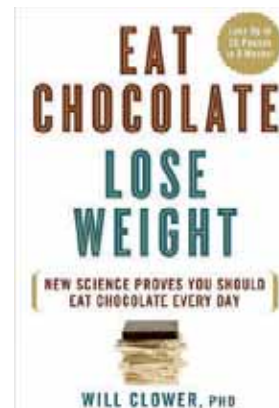
to use the chocolate to pull your sweet tooth."

Once your sweet tooth is gone, it becomes dramatically easier to make healthier decisions when it comes to eating. "When you pull your sweet tooth and adapt your taste in a direction of darker chocolate, what you find is you just don't have a craving anymore for 140 pounds of sugar," Dr. Clower says. "The

things that [people] used to like become too sweet. And when that happens [people] don't want them anymore."

The benefits of chocolate aren't limited to weight loss. High-cocoa chocolate aids many other areas of a healthy lifestyle.

"[Antioxidants] can help to grow the vasculature within muscles," Clower says. "In other words, the little capil-



laries, little blood vessels, can grow into your muscles." This, in turn, can increase the amount of energy you have throughout the day, your time until exhaustion and your metabolic rate.

"The cascade from the physiological substructural effects all the way up into your life is huge," Clower says. "If you have more energy through the day you're more likely to move, you're more likely to be active. You're less likely to blow off your exercise routine."

The book also contains several different recipes to help beginners get cooking with cocoa. Clower is particularly partial to the book's chili, pecan brownies and dry rub for pork. It turns out you can have your chocolate and eat it too.

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Battle bedtime blues

Did you ever wonder why you are crankier when you didn't sleep well through the night?

A new study might have the answer. The first-of-its-kind study from American Academy of Sleep Medicine, and published in the journal *Sleep*, finds new links between sleep duration and depression.

"We were surprised that the heritability of depressive symptoms in twins with very short sleep was nearly twice the heritability in twins sleeping normal amounts of time," said principal investigator Dr. Nathaniel Watson, associate professor of neurology and co-director of the University of Washington Medicine Sleep Center.

The study says that people who sleep significantly more



Sleeping less than about eight hours can make you depressed. ISTOCK

or less than 7-8.9 hours per night increase their risk of feeling depressed.

The study, however, doesn't give you the excuse to sleep all day.

"Both short and excessively long sleep durations appear to activate genes related to depressive symptoms," Watson added. **LASSE EMIL KRISTIANSE, METRO WORLD NEWS IN NEW YORK CITY**

Spaghetti Squash 'Alfredo': Creamy comfort with some health benefits

Health Solutions

Evaporated Milk? You bet!



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

OK, maybe I am a survivalist preparing for the zombie apocalypse. So what if I still have my Y2K water stored in the basement? You have to have a just-in-case plan!

If it is only one more blimey weeknight meal you need to survive, I have got you covered — evaporated milk. Yup.

This stuff is shelf stable for years, can be used in baking when mixed half and half with water, and it replaces milk in any recipe.

Use it for that fussy friend who only likes cream in his coffee if you are a skim milk kind of keeper.

It can also go the other way and make a savoury cream sauce for pasta or to top vegetables.

Still fortified with vitamin D, it has twice the calcium and protein as regular

milk but is less expensive and less perishable.

Honestly, you can't really go wrong having a couple of cans on hand.

Just be sure you aren't picking up a can of sweetened condensed milk because that is also made by heating and evaporating milk but it is also laden with sugar.

We can debate the "go dairy free, everyone's allergic to it" concept and the "calcium isn't absorbable from dairy" idea later.

For now, you have to make something for dinner and have very little going on in the fridge and with inspiration. Melt one tablespoon butter, whisk in one tablespoon flour, add a can of creamy magic and season if and as you wish. Just don't boil it! Unlike cream, it can't take the heat.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



START TO FINISH
25 MINUTES

This recipe serves four. COURTESY THERESA ALBERT

THERESA ALBERT

myfriendinfood.com

You know you love pasta with cream sauce — everyone does. But the carbs and calories, oye!

This quick dish gives you that deep, warm, creamy pleasure without all the guilt. It comes together in a snap.

Evaporated milk delivers twice the calcium and protein of the same amount of whole milk. It is creamy but much lower in fat and calories.

You can't lose with this quick weeknight vegetarian meal.

If you don't have the spa-

ghetti squash, just make pasta and call it a day.

1. Pierce squash with a fork and place in microwave on a plate. Cook for 15-18 minutes until quite soft. When cooked, slice open carefully to let steam escape.

2. Meanwhile, heat a large skillet; add 1 tsp of butter and quickly brown mushrooms over high heat, set aside.

3. In the same skillet, turn heat to medium, melt the rest of the butter and whisk in flour, stirring until it bubbles and starts to brown.

Ingredients

- 1 small spaghetti squash
- 1 tbsp butter
- 8 oz sliced mushroom
- 1 1/2 tbsp flour
- 1 clove garlic, minced
- 1 can evaporated milk
- 1 tsp freshly ground black pepper
- salt, to taste
- pinch dried chili flakes
- 1/4 cup grated Parmesan cheese

4. Stir in garlic and cook for 30 seconds and then whisk in evaporated milk. Whisk until it thickens 2-4 minutes over medium-high heat. Do not boil!

5. Scoop out seeds from squash and discard. Pull

fibres with a fork and stir into creamy sauce. Add pepper, salt and chili flakes, top with cheese.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Pass the chickpeas and pasta

This large vegetarian salad, featuring chickpeas (also known as garbanzo beans), would be great on its own for lunch or as a side dish for din-

ner. The recipe is easily cut in half.

1. In a large bowl, combine pasta, chickpeas, celery, car-

rots, red peppers, green onions and feta. Toss lightly to mix well. Add dressing and toss to coat well. (Make ahead: Pasta mixture can be

prepared a day in advance. Refrigerate overnight and toss with dressing before serving.) **THE CANADIAN PRESS/PULSECANADA.COM**

Ingredients

- 1 l (4 cups) cooked corkscrew pasta, drained and cooled
- 1 can (540 ml/19 oz) chickpeas, drained and rinsed
- 375 ml (1 1/2 cups) chopped

celery

- 375 ml (1 1/2 cups) shredded carrots
- 2 sweet red peppers, chopped
- 4 green onions, finely chopped

- 50 ml (1/4 cup) crumbled feta cheese
- 75 ml (1/3 cup) light Greek salad dressing

Nutritional info

149 calories; 5 g protein; 2 g fat (1 g saturated fat); 3 mg cholesterol; 27 g carbohydrates; 4 g fibre; 227 mg sodium



This recipe makes 13 servings (250 ml/1 cup each). THE CANADIAN PRESS

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Forget it, 'cause there's app for that already

Don't quit your day job. Developer warns that odds of creating the next Flappy Bird are likely no better than winning the lottery

Convinced you've got a brilliant app idea that would surely make you rich if you could just learn to code?

Think again before quitting your day job, warns Matt Coombe, co-founder of the Toronto-based app development company Get Set Games.

While he in no way discourages aspiring app makers from getting into coding, he warns it's getting harder and harder to get noticed in Apple's crowded App Store and the Google Play marketplace for Android apps.

"I think the gold rush is over," Coombe says during an interview at the company's downtown loft-style office space, which features trendy reclaimed wood furniture and the requisite well-stocked staff kitchen.

"In the early days, it was basically, if you could make a decent app and get it out on the App Store, you had a very good chance for success. You wouldn't necessarily become a millionaire overnight but you could make a decent salary for yourself.

"I think those days are over because there's so much quality out there. There's absolutely an opportunity there. It's still available and people are still doing really great stuff and having a lot of success, but it's a lot harder."

Not-so-lengthy life spans

Matt Coombe knows firsthand that even if an app can stand out from the crowd and become a hit, maintaining a top chart position is extremely difficult.

- Get Set Games first topped the charts in 2010 with its game Mega Jump and recently released a sequel, which also went to No. 1.
- Featured status by Apple helped push Mega Jump 2 to the top of the overall iPad app charts in both Canada and the U.S. within days of its release. It took overall top spot in 32 countries and in the arcade game category it ranked No. 1 in 100 countries.
- But within a couple of days the descent on the charts began and by week's end, it had dropped dozens of positions in Canada and the U.S.



You may have the code down to a science, but do you have the skills to put together a completely unique product? ISTOCK

Don't despair, just be aware

There's absolutely an opportunity there. It's still available and people are still doing really great stuff and having a lot of success, but it's a lot harder."

Matt Coombe
Co-founder of Get Set Games

Get Set Games' Mega Jump 2, for example, is a so-called freemium game, which means it's free to download but users can opt to pay for some add-ons that make playing a little easier.

The original Mega Jump wasn't free when it first launched but Coombe says the development team eventually decided that adopting the freemium strategy was the best way to go.

Too many users had decid-

ed that even 99 cents was too much to pay for an app. Now Coombe hopes that maybe five per cent of the users who download his games will opt to pay for in-game purchases. For a game that's massively popular, the revenue from those five out of every 100 users can add up.

"There are a couple of really great things about making free apps. One is you absolutely get to reach out to the most people possible with zero barrier to

entry. Everyone is willing to give your game a try," Coombe says.

"That means your download numbers and people who get to know about your game and your brand are several orders of magnitude larger than a paid app. The second thing is, when you have a large user base and a lot of people playing your games, then you get to introduce those same people to your next games and your next games, which is obviously a fantastic way to market your whole (roster) of games."

But Coombe says he's starting to come around to the idea of releasing games with a price tag again, partially because it seems some consumers are getting sick of the freemium concept and being nagged into paying for upgrades.

"We're definitely a freemium-based company but that's not to say there aren't more and more reasons becoming apparent to start really thinking about potentially making a high quality paid app. I think we're starting to see ... people are starting to yearn a bit more for paid apps that are perhaps \$4.99 or \$9.99 because it's the game experience they want, they're willing to pay upfront to not be bothered with all that stuff," he says.

Coombe says it seems like a large proportion of people are willing to start paying money for apps if they feel they'll get value from it.

THE CANADIAN PRESS



The characters of Mega Jump
GET SET GAMES

Out with the inbox: all work, no email, makes your office a productive space

Rejig the regular job.

Entrepreneur and author Leerom Segal shares career concepts that may surprise, but may also ultimately lead to great results



TAKARA SMALL
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Leerom Segal has been an acclaimed Canadian entrepreneur for over a decade.

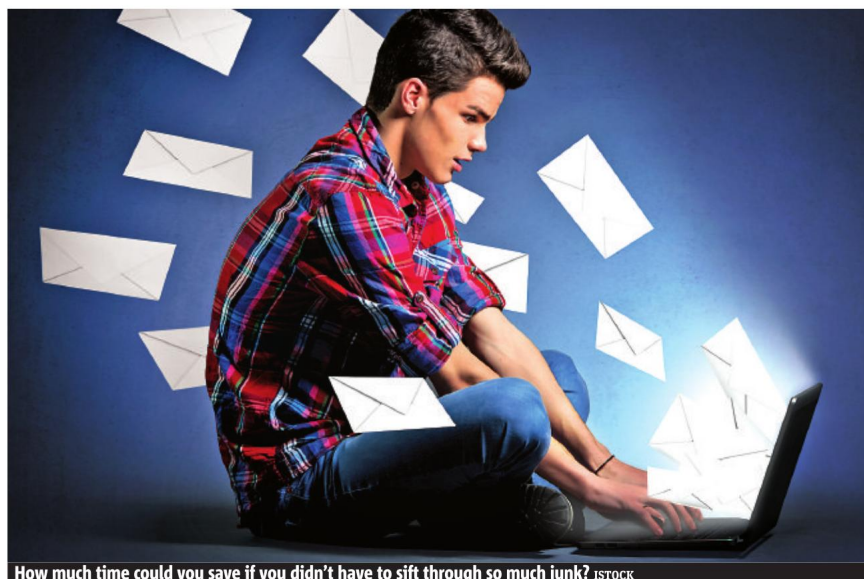
He started Klick Health, a digital health agency, at age 18 with just a few friends and turned the company into a successful independent marketing agency.

But the entrepreneur says he wants to do more than just run a prosperous business. Segal also wants to share his tips for success with the world.

Enter his latest book, *The Decoded Company*. The book, which he co-wrote with three other tech leaders, includes his advice for helping other companies reach their potential. It's a process, according to Segal, that starts with banning a long-standing office staple: the email.

"The email is a great way to let others prioritize your day," he says. "There are great tools that will help you organize your day."

Segal points to Asana as an example of an email alternative. The program, which has been adopted by



How much time could you save if you didn't have to sift through so much junk? ISTOCK

several high-profile companies, allows people to work together on projects, assign tasks and even share notes all in one place. It removes the need for back-and-forth emails that can waste time.

"We made great advancements when we eliminated it," says Segal.

Although it may seem a little radical, he says it's little things like removing constant distractions that allow

companies to grow and reach their potential.

"We've been on this journey for 16 years. We've always been inspired by everything that was happening on the social web. How it was open and the benefits we were starting to see and we used that for Klick."

Another radical piece of advice for success? Concentrate on your talent, not the customer.

Segal, who boasts of low turnover at his company, believes the so-called "secret sauce" for success and retaining great employees lies in empowering them to make decisions, and encouraging more collaboration.

He says the one-size-fits-all method doesn't work anymore and will drive talent to

your competitors.

In layman's terms: com-

panies are missing out on money and losing productivity by not investing in technology to train and help employees in real-time; not building cultures that connect with talent; and not creating helpful decision-

making policies.

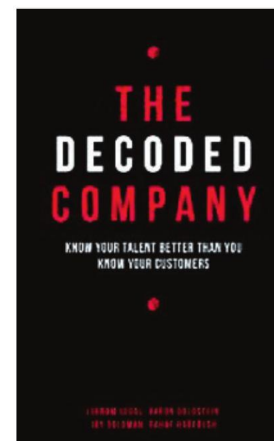
"Today, innovation is so important for the future and at the heart of that innovation is people."

When asked if he's worried that freely giving away these tips will empower his competition, he chuckles.

"Our hope is that this trend will have talented employees pushing their leadership to implement those ideas and if we can do that we can push our world forward."

But what about small businesses that can't afford to alter their methods or slow down during the early years? No excuse, he says.

"The time is always now. The reality is that for smaller teams and smaller organization many of these ideas can be implemented with a spreadsheet. The world has changed since early management," he says. "We have to change with it."



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REDUCE YOUR RISK OF VIRUS EXPOSURE

FLU SHOT, WASHING HANDS CAN HELP PREVENT ILLNESS

From lost wages to lost sleep, when a cold or flu strikes, it can interrupt every part of your family's life. Luckily, there are some simple, yet highly effective ways to reduce your risk of exposure. Here are a few things to consider as you fight off cold and flu season.

NO ANTIBIOTICS

According to the Centers for Disease Control and Prevention (CDC) in the United States, antibiotics are not effective in treating cold and flu symptoms. The reason is simple: Antibiotics are used to kill bacteria, not the viruses responsible for colds, the flu, and bronchitis.

In fact, the CDC warns that taking antibiotics unnecessarily can lead to dangerous antibiotic-resistant strains of bacteria. However, studies show that preventive flu vaccines — specifically flu



DMITRY LOBANOV/SHUTTERSTOCK

shots — can be 70 to 90 per cent effective in healthy people younger than the age of 65.

MAINTAIN HEALTHY COLD AND FLU SEASON HYGIENE

Wash your hands. You have likely read this over and over, but that's because you

should be doing it over and over. Washing your hands several times a day is the best way to reduce the risk of picking up a cold or flu virus. Alcohol-based hand sanitizers also are highly effective, but a thorough washing with good old soap and water should be fine. According to the University of Pennsylvania's office

of health administration, covering coughs and sneezes with your hands only ends up spreading the virus. Instead, try one of these sneezing techniques

- Use a disposable tissue.
- Sneeze or cough into the crook of your arm, or if no other place, into your sleeve.
- If you have no better options, direct your cough or sneeze away from people in your vicinity.

GET SOME FRESH AIR DURING COLD AND FLU SEASON

According to the American Lung Association, taking time away from dry, climate-controlled environments is especially important in preventing cold and flu from spreading. Too much time indoors means more exposure to the germs that circulate throughout indoor areas, especially if you have a large family or office.

In addition, heating and air conditioning can dry out your sinuses, making them much more vulnerable to cold and flu viruses. When frigid temperatures keep you indoors, regulate air moisture by using a Vicks® humidifier during the dry winter months.



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MICHAEL JUNG/SHUTTERSTOCK

TAP INTO YOUR PERSONAL NETWORK

GET A JUMP ON THE SUMMER JOB HUNT

While it's hard to think of summer jobs when it's still cold and snowing outside,

students should be hard at work taking the steps to land employment.

The first part of the job hunt will be to determine what kind of position for which you are looking. If you aren't sure, it's a good idea to talk with a counsellor

at your school's career centre — they can help you determine what types of positions are a good fit given your skills and education.

Once you have something in mind, it's time to go and see what's available. It's natural to focus on job search websites, but you should expand your search.

"You shouldn't ever limit yourself in terms of where you go to search," says Chris Glover, the interim associate director of the Career and Leadership Development Centre at Dalhousie University in Halifax.

A school's career centre will have job postings, but it's also crucial to tap into your personal network.

"Most (job) opportunities are found through networking," says Dianne

Twombly, the manager of career development at York University's Career Centre.

Talk to your friends, family and professors about what you are looking for and how they can help with the job search.

"You just never know who people know," Twombly says.

When applying for a job, custom tailor both the cover letter and resumé to the job and ensure they speak to the skills for which the position is looking.

Remember, the effort you put into the job search will dictate the results you get.

"What you put into that job search is kind of what you are going to get out of it," says Anna Weir, the co-ordinator of career services at the University of Winnipeg.



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PUT SKILLS INTO PRACTICE AT GEORGE BROWN



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The skills and knowledge that University of Toronto students get in the classroom get put into practice at George Brown College (GBC).

Through a partnership between the GBC school of mechanical engineering and the U of T, U of T students can take part in weekend training programs in machine shop practices and welding.

"For many of these students, it is their first experience getting dirty in the shops," says Jamie McIntyre, professor and program co-ordinator, school of mechanical engineering technologies, George Brown College. "The goal of the program is to produce more experienced, well-rounded graduates from Ontario engineering programs."

GBC trains university students in hands-on machine shop skills on weekends and also runs a special 14-week, condensed mechanical techniques program for engineering students who have completed at least their first year of engineering school.

Students need to complete their courses at GBC before they are allowed to access U of T machine shops.

GBC also provides shop facilities for its engineering teams such as formula SAE and aeronautics.

McIntyre says students who have an appreciation for the complexity of fabrication are that much better equipped to design objects for the real world.

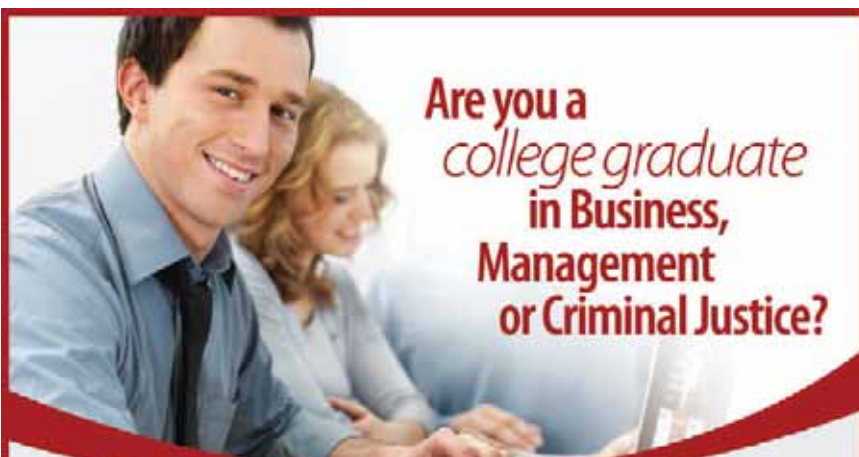
"Additionally, we consider these to be 'enabling skills,'" McIntyre says. "An engineer who is able to fabricate is able to experiment and innovate."

McIntyre adds this is an important skill for graduating students, many of whom will work for small start-up companies, where these sorts of skills are invaluable.

The condensed mechanical techniques program is designed to complement the theoretical components of traditional mechanical engineering programs.

GBC takes students from any engineering program (primarily U of T, but also McMaster, Waterloo, etc.) and immerse them in a hands-on learning experience at the college.

For more information about this partnership and this program, visit georgebrown.ca/engineeringtechnologies/.



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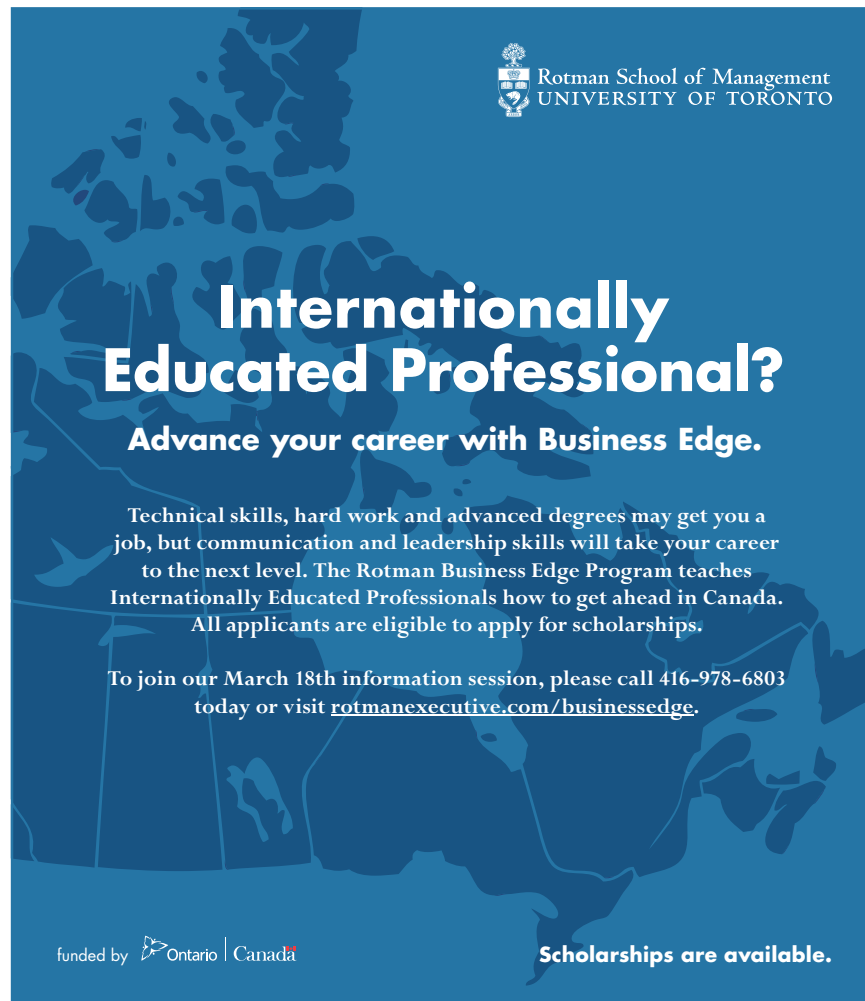
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"Our diploma-to-degree program is designed for students who have a two- or three-year Canadian public college diploma in the fields of business or criminal justice, who want a bachelor degree for more career options, but who find it difficult to get to class," says Anita Connolly, student services co-ordinator at UFred.

"For these students, we have a fully online solution that provides un-



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rivalled flexibility and convenience.

"In addition to the online flexibility, qualified students may transfer up to 90 credits from their diploma program into the Husson University bachelor program. This means that they will only need to complete 30 credits to be awarded the degree, which is half the time it would take at a typical Canadian university that requires 60 credits for completion.

For more information about the diploma-to-degree program, including admission requirements and how to apply, visit UFred.ca.

ROTMAN PRODUCES LEADERS

Leadership development brings great value and benefit to the organization, as well as the individual.

By investing in leadership development, organizations signal the value of professional growth and their commitment to innovation.

With this in mind, the Rotman School of Management has developed the LEAP (leadership excellence acceleration program) model to give students measurable outcomes and change through a customized leadership curriculum.

"The program was developed in response to the needs of the corporate world," says Ryan Rodrigues, MBA, director, leadership development and recruiting, executive MBA programs, Rotman School of Management, University of Toronto.

"It also gives them the tools to continue their development long after



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their MBA experience."

Students will emerge from this program with the capacity to lead teams, change, and manage their businesses more effectively.

The Rotman School offers five ways for you to earn your MBA, two of which are executive MBA programs that offer students a more senior network of peers and a format that allows them to work full time while they complete the program.

The Rotman one-year executive MBA program is an intense, leadership-focused MBA program that changes the way you think and lead.

The Omnium global executive MBA is a double degree program that focuses on global business leadership.

"It's for leaders who want an international career," Rodrigues says.

For more, visit rotman.utoronto.ca.

COMPLETE PICTURE

GAIN RELEVANT SKILLS AT SENECA COLLEGE



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At only 33 years old, Rolando Ugarte has already established a name for himself in the global business world.

Ugarte studied industrial engineering in Mexico and completed his post-grad in international business in Columbia before

working for seven years in finance for Dole in Honduras.

Although he already had an impressive resumé, Ugarte felt he lacked the marketing skills to advance his career, so he moved to Toronto to take Seneca's marketing manage-

ment graduate certificate.

"I like to see business as a complete picture and I wanted to gain the skills that my resumé was missing," Ugarte says.

When Seneca launched the new social media graduate certificate in September —

the only one of its kind offered in the GTA — Ugarte decided to further add to his skills.

The flexible nature of the program allows him to continue his part-time job in marketing and sales while finishing his education. The program provides hands-on experience with social media, regardless of the student's academic background.

"Students will learn how to think strategically, with a focus on analyzing social media tools and how they're deployed, including their appropriateness for use in B2B, B2C, for-profit, and non-profit business models," says Bhupesh Shah, program coordinator. "This is not a 'how to use Twitter 101' type of course."

Courses are taught by instructors who also work in the social media industry.

"This means students get current and relevant real-world examples, not just theory," says Shah, adding there is also a mandatory 100-hour field placement component that gives students practical experience.

While the social media experience is constantly changing, this program will teach students how to critically evaluate any tool, current or future, to ensure that it fits with an organization's objectives.

"While the tools may change, the skills learned in the Seneca SoMe program will always be relevant," Shah says.

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Join a student ambassador for a campus tour and see how Humber's exceptional facilities and community initiatives will assist you personally and professionally.

Registration for this event is not required.

The open house is scheduled for April 12 from 10 a.m. to 2 p.m. at three Humber campuses (North, Lakeshore and Orangeville).

For more information, email student.recruitment@humber.ca or visit humber.ca/experiencehumber.

JUSTICE FOR ALL



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Kenisha Morales first enrolled at Humber College in the nursing program, but quickly discovered her passion was in criminal justice.

Being an immigrant herself, she has always been concerned with issues of minorities being overrepresented in the Canadian criminal justice system.

"Most importantly, I was disgruntled with the percentage of immigrants who entered Canada with big dreams in an effort to become positive, contributing members of the Canadian economy, but ended up shifting to a life of crime due to social and economic factors," says Morales, a student of the Humber College criminal justice degree program.

The criminal justice degree is a four-year professional degree that focuses on preparing students for careers in the criminal justice system and/or graduate studies.

Courses help students develop knowledge of why crime occurs and how society responds to crime.

Morales is hoping the degree will give her the opportunity to help people who have become involved with the criminal justice system so they can rehabilitate, make positive choices and become valuable assets to society.

Morales also hopes to become more involved in volunteer work in an effort to help youth before they fall through the

cracks and become alienated.

Students complete two block work placements in which they have an opportunity to apply the knowledge and skills gained in the classroom in professional settings.

Morales says her end goal is to obtain a position with Corrections Canada or the probation and parole board upon completion of her degree, and does not plan to stop learning until she has a PhD.

"I know in my heart that I can make a difference in the justice field," Morales says.

For more information about the Humber College criminal justice degree program, visit humber.ca.

HUMBER GRADS MAKE LASTING IMPACT

While enrolled in Humber's international development postgraduate program, Sabrina Rubli and Ella Marinic were inspired by a class project to form a non-governmental organization (NGO) to help women in Africa.

The original assignment was to design a water/sanitation project for rural Kenya. But Rubli and Marinic started to think about how women in this area dealt with feminine hygiene management without the availability of running water and private toilets.

This thought led them to starting Femme International.

"A woman's body should never be the cause of her own oppression, and I love that Femme's programs use education to tackle

the stigma of menstruation," says Rubli, co-founder of Femme International. "Every girl we meet during our programs inspires us to continue building Femme and expanding our programs to reach as many girls as possible."

Rubli and Marinic only completed their studies at Humber last summer and have already made a lasting impact on more than 300 women in Mathare, a slum outside of Nairobi.

They began their pilot program in May 2013 with 22 girls, helping with workshops about women's health and distributing Femme kits, which contain a menstrual cup and other materials.

This drive and purpose landed Rubli and

Marinic the 2014 Global Changemakers by the Ontario Council for International Co-operation (OCIC).

"The OCIC is a great organization, and to have the NGO community recognize Femme's work was really special," Rubli says. "Each Changemaker of 2014 does amazing work with their respective charities, and to be a part of that group is such an honour."

Rubli says it was always her goal to focus her studies on women's rights issues in Africa, but never thought starting an NGO was something she would do.

She credits Humber's international development postgraduate program for giving her the skills needed to start this



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life-changing journey.

"Humber has been incredibly supportive of Femme's work," Rubli says. "All of the teachers were extremely supportive and experienced in the field."

For more information about the Humber's international development postgraduate program, visit humber.ca.

PICTURE YOURSELF IN THE MOVIE INDUSTRY

Designed to meet the challenges of a rapidly changing and evolving creative industry, Sheridan College will offer a new bachelor of film and television degree program this September.

“As the industry undergoes change, it’s equally important from Sheridan’s perspective that our curriculum meets industry needs and has the flexibility to grow with the industry as it continues to redefine itself,” says Sandy McKean, associate dean, department of film, television and journalism, faculty of animation, arts and design, Sheridan College. “It’s all about preparing students for successful careers from a theoretical, practical and entrepreneurial perspective.”

This four-year degree program was built in collaboration with film and television leaders to prepare students for the workplace and with a solid understanding of the latest technology advancements and content production platforms.

“In simple terms, students will learn to

tell compelling stories for film, television and a variety of new platforms now available through the Internet, mobile applications and social media,” McKean says.

The program also allows students to take part in a 14-week internship, giving them real work experience with production companies, service providers, and film and TV producers.

Graduates will leave Sheridan ready to apply their knowledge of television, documentary and filmmaking, and with the craft skills required to conceive, develop, produce and market creative content.

“What an incredible profession,” McKean says. “To play a part in storytelling, to be part of an exciting creative environment, to entertain, to inform, to challenge, to experiment, to be part of an industry that allows for your creativity to be potentially viewed by a worldwide audience.”

Those jobs could include entry-level positions such as production assistants, assistant editors, camera and lighting



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assistants, and grips. It will also set the stage for careers as content producers/directors, editors, sound and camera

operators, and screenwriters.

For more information about this new program, visit sheridancollege.ca.

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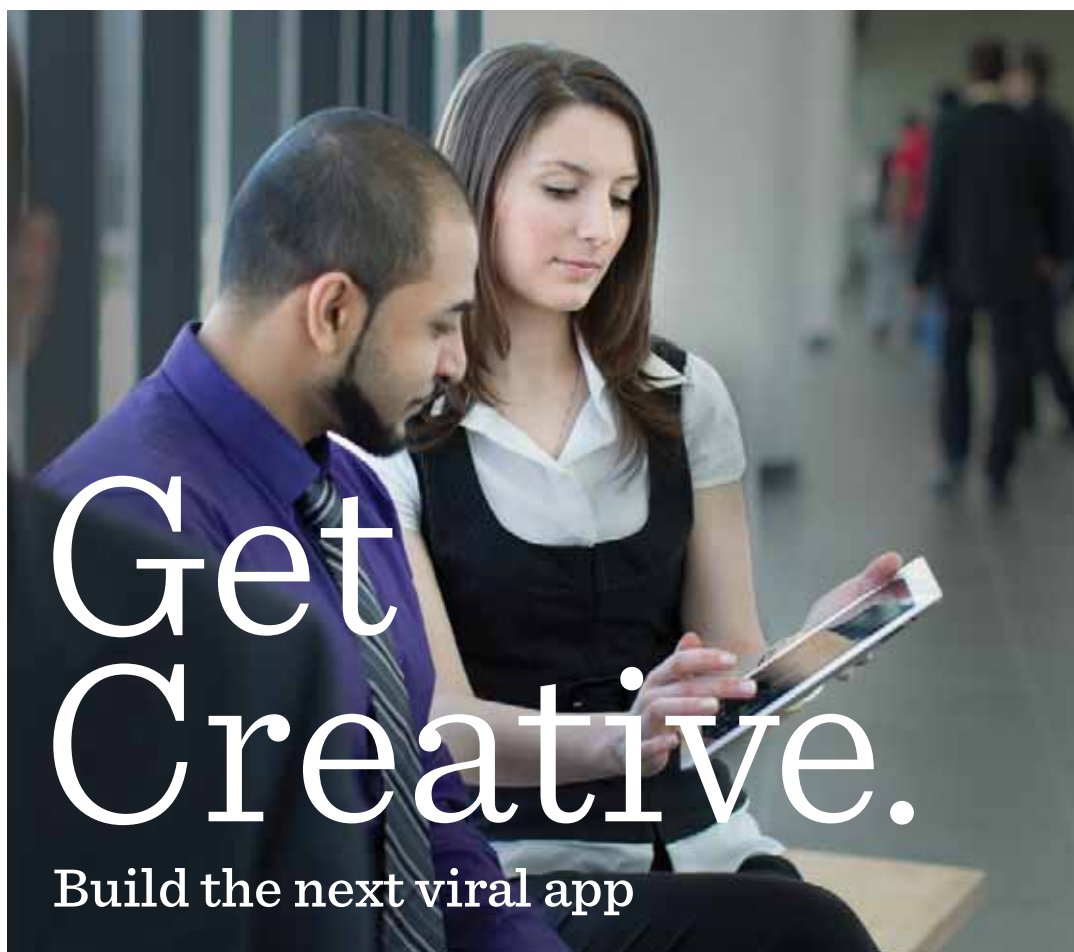
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CENTENNIAL HAS THE RIGHT PRESCRIPTION

Due to the new designation of registered pharmacy technicians (RPhT) in 2010, well-trained pharmacy technicians are in demand in Ontario.

The Centennial College pharmacy technician program will prepare students for the changing responsibilities and duties of the pharmacy technician.

"This program allows for many career options within pharmacy health care for those who like to be challenged and are dedicated to learning and self-improvement in a dynamic profession," says Aldo Gatti, (pharmacist), co-ordinator and professor, pharmacy technician program, Centennial College.

The pharmacy technician program is a two-year diploma program (four semesters) that prepares students for licensure as a pharmacy technician (an Ontario provincial designation as of December 2010).

"The emphasis is the highly technical aspects of the profession, while the clinical medication therapy management and patient focus is left to the pharmacist," Gatti says.

"It is a complimentary intra- and inter-professional role vital to the workings of current pharmacy practice, whether the pharmacy technician practises in community, hospital, long-term care or other institutional positions."

The first year provides students with a solid foundation in laws and regulations that govern their scope of practice. The focus is community pharmacy with courses such as pharmaceutical calculations, introduction to pharmacology, compounding and dispensing, community practice theory, home health care (non-prescription products), and a community pharmacy placement.

The second year introduces the role of the hospital technician, which includes courses such as sterile preparations (intravenous products), advanced pharmacology, anatomy, institutional dispensing, pharmacy management, integrated practice and career development, as well as a final pharmacy placement (hospital) and continued community pharmacy hours.

Students will gain hands-on practical laboratory experience and learn from faculty members who are experts with experience in all areas of the pharmaceutical industry.

For more information, visit centennialcollege.ca.

CFL

Argos bid adieu to DT Mitchell

The Toronto Argonauts released all-star defensive tackle Khalif Mitchell on Monday.

The CFL club didn't provide a reason for the move but a league source requesting anonymity said it was to allow Mitchell to pursue NFL opportunities.

THE CANADIAN PRESS

Terry Trafford

T.O. police believe missing OHLer still stateside

Toronto police say there's no indication a 20-year-old Ontario Hockey League player with a Michigan team who's been reported missing has entered Canada.

Police say it's believed Terry Trafford, a centre with the Saginaw Spirit in Saginaw, Mich., may have left the state to return to his hometown of Toronto.

But Toronto Const. Victor Kwong says authorities have no record of Trafford crossing the border.

The team says Trafford was last seen March 4 in Saginaw. THE CANADIAN PRESS

NHL

Stars' Peverley collapses in game

Dallas Stars centre Rich Peverley collapsed on the bench in the middle of a game.

Peverley was later taken to a hospital and the game between the Stars and Columbus Blue Jackets halted.

THE CANADIAN PRESS

Grapes: I won't be squeezed for changes

Hockey Night In Canada. Don Cherry vows Coach's Corner segment will continue its past formula



JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Don Cherry made a few things clear on Monday: no one tells him what to do, he'll never change and Hockey Night In Canada should be always aired on the CBC.

Rogers announced Monday that George Stroumboulopoulos will be the new host of Hockey Night in Canada and that Cherry will continue on Coach's Corner with Ron MacLean, who will also have an expanded role hosting the Hometown Hockey Community Celebration on Sunday night.

Sportsnet's Daren Millard will host Wednesday Night Hockey and Jeff Marek, also of Sportsnet, will host Thursday Night Hockey and Friday Night Hockey.

While CBC will air HNIC on Saturdays, Rogers maintains control and the profits. Rogers will carry 500 regular-season games across 13 networks and seven platforms, plus the play-offs including the Stanley Cup Final.

Asked what he thinks of the "new team" he'll be working with, Cherry said he wasn't too sure yet and offered an anecdote about posing for a Rogers photographer, alongside the other hockey media personalities a few minutes earlier.

"It's strange for me to have



George Stroumboulopoulos, Jeff Marek, Daren Millard, Ron MacLean and Don Cherry speak during Monday's press conference in Toronto. JESSICA SMITH CROSS/METRO

Clothes make the man



"Well, my suits and that, to start with. No, I really have no idea. If I did, I'd probably screw it up."

Don Cherry, on why the public likes him.

that photographer say, 'You stand there,' and I look back to Hockey Night in Canada and Ron, and it's like, 'Would you move?' I'm not used to being told what to do," he said. "I'm not about to be told now what to do.

"It does seem strange. It hasn't hit me yet. They said you have to take that picture, I said what picture — it's for Rogers."

One thing Grapes says he does know is Coach's Corner won't change.

"Never," he said. "After all these years I don't know how to change, to tell you the truth."

Grapes said he'd like to see HNIC aired on CBC because of the broadcaster's mandate for nationwide coverage.

Much of the new HNIC has roots in the CBC — the show itself, Stroumboulopoulos and the Rogers VP in charge of the deal, Scott Moore.

Cherry was asked what he thinks that says about the state

of public and private broadcasting in Canada.

"I don't know about that, I'm not that clever," he said. "I know they (Rogers) paid a lot of money for the thing, so it must be doing something right."

Stroumboulopoulos said he'll be hosting from a fan's perspective and facilitating conversations, and won't be offering expert analysis.

"I didn't play the game at the level of champion, so I wouldn't offer the advice of a guy who played NHL hockey," he said. "I couldn't even make a minor team."

Stroumboulopoulos got his start as a sports reporter and he's been a Habs fan since he was five and "the Habs were good — which quickly went away," he said.

The Truth sets Nets free against Raptors

Deron Williams and Shaun Livingston each scored 18 points and an ailing Paul Pierce hit a three-pointer with 1:14 remaining to lead the Brooklyn Nets to a 101-97 victory over the Atlantic Division-leading Toronto Raptors on Monday night.

Pierce finished with 15 points and Joe Johnson added 14 for the Nets, who won their season-high eighth straight at

On Monday

101

Nets

97

Raptors

home. Brooklyn moved three games behind Toronto in the

Atlantic.

Kyle Lowry scored 21 points to lead Toronto, which had won nine of its previous 11.

The Nets trailed 94-92 after Lowry split the defence in the lane for a lay-up with 2:15 left.

Brooklyn then answered with five straight points as Andray Blatche's reverse lay-up tied the score at 94 and Pierce followed with a three-pointer.

THE ASSOCIATED PRESS



The Nets' Mason Plumlee attacks the basket against Raptors Terrence Ross, left, and Jonas Valanciunas on Monday in Brooklyn. KATHY KMONICEK/THE ASSOCIATED PRESS

4 SPORTS

Roll of the dice helps McKeever win gold medal



Cross-country skiing. Visually impaired Alberta athlete reaps reward of swapping guides earlier than he had planned to

Brian McKeever decided to take a gamble and the payoff was Canada's first gold medal at the Sochi Paralympics.

The cross-country skier won the men's 20-kilometre visually impaired event Monday thanks in part to a risky move at the midway point of the race. The eight-time Paralympic gold medallist — who has been battling a virus since arriving in Russia last week — started with guide Erik Carleton before switching to alternate Graham Nishikawa at the 10-kilometre mark amid sloppy conditions and warm temperatures.

It was a play McKeever had never before attempted in competition.

"Today was great," said McKeever. "It was really tough. Being sick last week made it hard and definitely made us a little nervous. It was huge team effort having two guides out there sharing the work. It was definitely needed. They were the ones that got me through today because I couldn't have done that on my own."

"The snow being what it was, it was much faster to be in behind. Those guys were, unfortunately for them, working pretty damn hard."

The 34-year-old from Canmore, Alta., finished in a time of 52 minutes 37.1 seconds with the help of a plan he devised with his coach and brother Robin.

The idea was for Carleton to guide the first 12 kilometres before giving way to Nishikawa. But when Carleton began to fade earlier than expected, Nishikawa stepped in to finish the job and lead McKeever to a victory of more than a minute over Russia's Stanislav Chokhlaev. **THE CANADIAN PRESS**



Canadian Brian McKeever, right, and guide Graham Nishikawa compete in the men's visually impaired 20-kilometre race at the Sochi 2014 Paralympic Winter Games on Monday. McKeever went on to win gold. SCOTT GRANT/CANADIAN PARALYMPIC COMMITTEE/THE CANADIAN PRESS

Blame lifted from dead skicross racer



Toronto skicross racer Nik Zoricic was killed two years ago in a crash during a World Cup event. JONATHAN HAYWARD/THE CANADIAN PRESS

The family of a Toronto skicross racer killed two years ago at a World Cup event feels vindicated now that sport authorities no longer blame him for the tragedy and instead have made safety improvements to course design, their lawyer said Monday.

Lawyer Tim Danson said the family of Nik Zoricic feels his legacy has become something positive and to be celebrated.

"We were not prepared to accept that Nik was responsible for his own death," Danson told The Canadian Press.

"We just wanted the truth to be acknowledged."

In the immediate aftermath of his fatal crash at an event in Grindelwald, Switzerland, on March 10, 2012, ski officials angered the family and others in the skiing community by suggesting Zoricic, 29, was to blame for his death.

The family responded by arguing the death was "entirely avoidable" and blasted the course finish line for being a "death trap."

In a letter to his parents this month, the International Ski Federation called Zoricic

a "talented, experienced, and skilled" World Cup skier who did not take unnecessary risks.

"It would therefore not be right to describe his accident as a 'freak accident' or 'pilot error,'" the federation's president and secretary general wrote.

The letter further states that the federation has updated its safety guidelines and beefed up the staff and experts who help organizers construct a course and its safety measures.

THE CANADIAN PRESS

Fatal crash

Nik Zoricic was competing in his 36th event in Grindelwald when he was killed at the finish line of a tight three-way race.

- He was travelling 90 km/h when he veered to the right after the final jump, landing about a metre to the right of the official course line in "crud" rather than on a groomed shoulder.
- He snagged safety netting and tumbled into hard-packed snow, smashing his head.

MLB

Cabrera takes Cards deep twice

Miguel Cabrera hit his first two home runs of spring training and Max Scherzer struck out five in 4 2/3 scoreless innings Monday during the Detroit Tigers' 17-5 romp over the St. Louis Cardinals.

THE ASSOCIATED PRESS

MLB

Bonds back with Giants for short stay

Barry Bonds is wearing a San Francisco Giants uniform once again, now as a hitting coach at spring training.

The career home runs leader joined his former team Monday at camp for a week-long stay.

Bonds, 49, appeared slim-



Barry Bonds
THE ASSOCIATED PRESS

mer than he did during his last 15 seasons playing for San Francisco, where he finished in 2007 with

762 homers. "It feels really good to get back to the game that I love," Bonds said.

THE ASSOCIATED PRESS

Tennis

Wozniak advances at Indian Wells

Aleksandra Wozniak reached the fourth-round of the BNP Paribas Open on Monday with a 6-1, 6-7 (3-7), 6-0 defeat of Russia's Anastasia Pavlyuchenkova. She will next face world No. 2 and top seed Li Na.

THE CANADIAN PRESS

NHL

Luongo joins sunny disposition in Fla.

Roberto Luongo's future looks a lot brighter now that he's in Florida.

While the Canucks, who dealt him last week at the trade deadline, head in the direction of a rebuild, the Panthers look like a team on the upward climb

thanks to new owner Vinny Viola and a cadre of young prospects GM Dale Tallon has assembled in the NHL's southernmost market.

Luongo sees potential stars in Jonathan Huberdeau, Nick Bjugstad and a handful more young players around the locker-room. At 34 years old, he wants to contribute to the revival of the franchise rather than riding coattails. **THE CANADIAN PRESS**

Defoe looks 'ready to go' at practice session

MLS. Newly acquired star striker says injured hamstring is 100% ahead of season opener

For a player who is supposed to be recovering from an injury, and who hasn't played in a few weeks, Jermain Defoe looked awfully good when he trained with TFC Monday.

Still, doubts persist that the highly celebrated striker will be ready for the club's MLS opener Saturday in Seattle.

"I'm sure there's going to be some meetings with the manager in the next few days but I feel good, I'm ready to go," Defoe said before a massive media scrum at the club's training grounds in Downsview. "The more you play helps, and hopefully after training they (teammates) understand how I play, then it's OK after that."

Defoe certainly showcased his world-class skill level Mon-

day, and for first impressions, the 31-year-old is obviously dynamic on a soccer pitch.

While there have been doubts about his level of readiness, and his hamstring injury — he says it's 100 per cent — the expectations that he will start Saturday are almost overwhelming.

"Hopefully, it's all positive," TFC coach Ryan Nelsen said. "But it's pre-season right now and anything can happen. I've lost two strikers and a couple of players (in the pre-season), so anything can happen."

Defoe completed TFC's picture Monday; he was the final player to arrive in camp, but when he did, the sight of him alongside Michael Bradley, Gilberto and all the other TFC stars lent the air of something very special.

If anything can dampen that picture, it's the fact that some of those stars are still rounding out their form and conditioning levels.

Defoe has been suggested as doubtful for Saturday's season opener ever since February, when he began recovering from a hamstring injury suffered with Tottenham. Defoe insisted "it's 100 per cent, so there's no problem," but the TFC remained cautious in training its prized transfer acquisition.

TORSTAR NEWS SERVICE



Jermain Defoe practised with Toronto FC for the first time at the Downsview training centre in Toronto on Monday. LUCAS OLENIUK/TORSTAR NEWS SERVICE

NHL. Coach Carlyle claims he's calmer as a Leaf amid quacking at former pond

It was almost comical, as the media from two cities tried to find ways in which Randy Carlyle has changed since his time with the Anaheim Ducks.

Was he more mellow? Did he delegate more? Was he a better quote?

Carlyle said he's changed, that constant adaptation is part of coaching. The Ducks players remembered Carlyle fondly even though his reputation was that of a task master.

Finally, it fell to Joffrey Lupul to set everyone straight. Lupul, after all, had played for Carlyle in both Anaheim and Toronto. Lupul has been in both Carlyle's good books and bad.

"He's still Randy," said Lupul, a smile on his face, after Monday's morning skate.

That means he's still tough as nails, demanding of his players, doing whatever it takes to get them to play his way even



Randy Carlyle returned to Anaheim Monday to take on his former team. CHRIS YOUNG/THE CANADIAN PRESS

if, by his own admission, he has softened up a bit.

"There's lots of things you'd like to do over again. But you can't do that," said Carlyle. "What you try to do is use your experience.... I look at things differently."

"I think I'm a calmer individual. I try to find more positives when things aren't going the way you'd like them to go."

TORSTAR NEWS SERVICE

Spring training

Jays to give juniors the MLB experience

Playing any major-league squad is memorable for the Canadian junior baseball team but Tuesday's date with the Toronto Blue Jays is extra special.

Major-league teams provide a variety of opposition against the Canadian juniors, with many fielding

prospects. The Jays take it a lot more seriously than most.

Jays expected to figure in the game include Canadian Brett Lawrie, Adam Lind and Munenori Kawasaki and pitchers Brandon Morrow and Steve Delabar, among others.

"That's truly a split squad. They're all big-league camp guys," said Greg Hamilton, head coach of the juniors.

THE CANADIAN PRESS

Cautious optimism

"If he's fit and ready to go, it would be hard to turn down a player of that quality."

TFC coach Ryan Nelsen on Jermain Defoe

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Horoscopes

Aries

March 21 - April 20

A relationship that has been okay in the past will turn difficult today. There may be no apparent reason why it has suddenly gone sour but don't make an issue of it. Most likely it is just a passing phase.

Taurus

April 21 - May 21

Base partnerships, both personal and professional, on mutual respect, because if you try to take liberties with friends, loved ones or work colleagues today you may pay dearly for it.

Gemini

May 22 - June 21

This is a good time for creative activities, especially those where some sort of communication is concerned. Make sure you spell out what you are trying to say. Not everyone possesses your brain power.

Cancer

June 22 - July 23

This can be and should be one of the most productive times of the year. The harder you work at making your dreams come true the quicker you will reach your goals.

Leo

July 24 - Aug. 23

Try not to worry about personal or money problems. The cosmic picture suggests that your state of mind will be much more positive after next weekend's full moon.

Virgo

Aug. 24 - Sept. 23

You will be in a serious mood today as Mercury, your ruler, squares up to Saturn. Things you once believed in will be called into question and so-called "facts" will no longer stand up. It's time to get real.

Libra

Sept. 24 - Oct. 23

The past few weeks have been tough and the next 24 hours is likely to bring challenges too, but nothing will happen that you don't have the intelligence and the courage to overcome.

Scorpio

Oct. 24 - Nov. 22

The message of the stars for you today is that you must not start worrying for no good reason. The challenges that come your way over the next few days will be tough but you are ten times tougher.

Sagittarius

Nov. 23 - Dec. 21

You are where you are for a reason, so don't start complaining that you would rather be some place else. No matter what occurs over the next 24 hours you can be sure to benefit in the long-term.

Capricorn

Dec. 22 - Jan. 20

Many of the restrictions you have been labouring under in recently will get worse for a while. A crisis point will be reached for the 16th's full moon after which they will fade.

Aquarius

Jan. 21 - Feb. 19

Changes on the work front may not be what you were hoping for but later in the year you will realize they were exactly what you needed, so don't be too negative about them. You'll move up soon.

Pisces

Feb. 20 - March 20

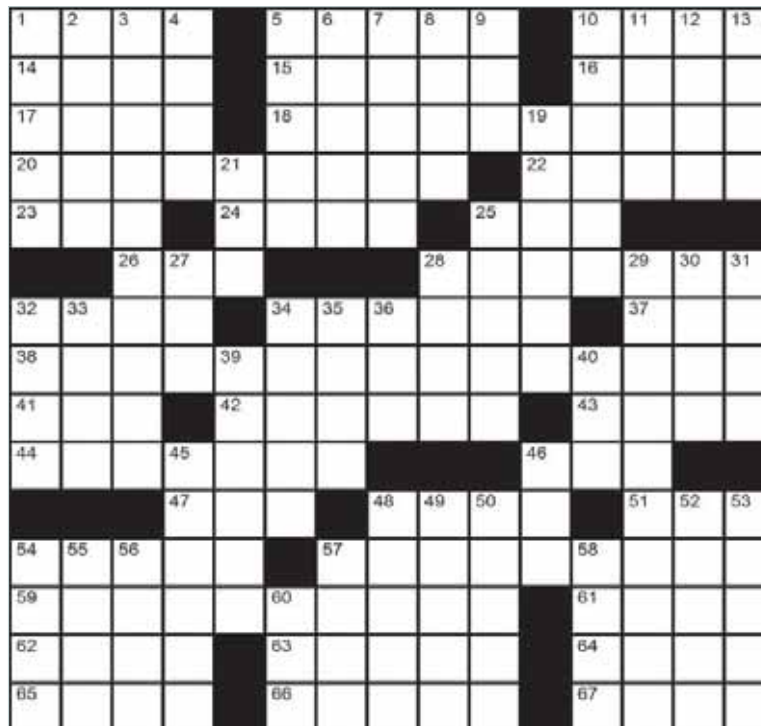
Be careful what you agree to over the next 24 hours because the planets warn you don't have all the facts. Don't accept what other people tell you simply because they look good and sound honest.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Loos
5. "the Land" by The Guess Who
10. "Don't take ___ seriously..."
14. "Brrr! There's ___ outside."
15. ___ Notes (Literature aids)
16. Sheltered spot
17. Rate
18. Freelancer's workplace: 2 wds.
20. TVdom's Mike Brady, for one: 2 wds.
22. Pass on
23. 'Ranch' suffix
24. Floral arrangement
25. Singer Bobby
26. Alleyway animal
28. Pussycat Dolls song: 2 wds.
32. "Rock-_- Baby"
34. Roughriders home, ___ Stadium
37. Jay Z's music
38. Coaches' seating on #25-Down: 3 wds.
41. Maritime workers' org.
42. Antarctica penguin
43. Preposition
44. ___ Fields (Heavenly abode in Greek mythology)
46. Gr. behind Bob Hope's legendary shows for soldiers
47. Sun rays letters
48. Music key, ___
51. Lake: French



- Humdrum
- Plant not found in Newfoundland: 2 wds.
- Muskokas locale in Ontario where Shania Twain played the Deerhurst Resort before hitting it big
- ___ empty stom-

- ach: 2 wds.
- To boot
- Computer company
- Sell
- ___ green (Really bright colour)
- Fix pant legs again
- Sparkling wine from Italy

Down

- Oversight
- Keep ___ of mystery
- Tom Cochrane & Red Rider song: 2 wds.
- Li'l requirement
- Jerk

- Thugs
- Cosmetics brand
- Clarinetist's prop
- Paul Anka's "___ Beso (That Kiss!)"
- How some heights and lengths are measured: 2 wds.
- Labour
- Dance music of

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- the Caribbean
- Dokey's lead-in
- An official language
- Select
- NBC's "The ___"
- Bronze Roman money
- Surrealist painter Salvador
- 1800s fashions undergarments
- Actress, Melissa Joan ___
- Lhasa ___ (Arf!)
- Songstress, India, ___
- Church's sounder
- King with a golden touch
- Kitchen appliance
- Montreal seasoning
- Foregoes
- Three-toed sloths
- The ___ Place Hotels
- Card game
- Actor Mr. Lundgren
- Thousand: French
- "Hmmm, ___ to remember..."
- Before: French
- Songstress Ms. Lauper
- Comparison word
- Govern
- ___ doing..." (Thereby)
- Tube
- NS part
- Alternate spelling, for short

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

8°/-11°
Variable

Wednesday

-1°/-16°
Light snow
70%

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